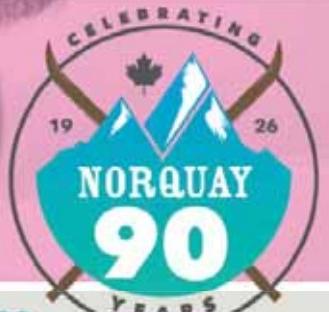


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Alex Jolliffe rode a penny farthing in the Tweed Ride event in Calgary Monday. Riders dressed in vintage clothes and rode around the city to raise funds for Bicycles for Humanity. ROBSON FLETCHER/METRO

## Rancid rentals for the poor

### PROJECT WATCH

**Motels used for low-income families fully infested: Police**

 **Ryan Tumilty**  
Metro | Edmonton

Albertans in financial distress are being housed in substandard conditions at discount motels on the province's dime with the government unaware of the squalor, a year-long police investigation revealed.

Edmonton Police began the investigation, dubbed Project Watch, when they noticed higher crime rates around a cluster of west-end motels. But as it unfolded, they found people on social assistance occupying rooms filled with mice, bedbugs

and asbestos.

As a result, police are investigating motels across the city and bringing in other agencies for help.

Det. Kevin Fald, one of two officers assigned to Project Watch, said he was stunned at the state of rooms covered on the government tab.

Fald added that Alberta Works, which oversees rooms for people in financial distress, appeared ignorant to the reality of the situation — the only interactions with clients were via phone.

"These places were a mess. What we found was there were bedbugs, cockroaches, mould, asbestos," he said.

According data provided by Human Services in late 2014, the province placed 1,040 people in motel rooms on an emergency basis during the 2011-2012 fiscal year; in 2013-2014, that number jumped to 2,276.

The cost of these lodgings

has risen to nearly \$4 million annually.

Kathy Telfer, a spokesperson for Human Services, was unable to provide current costs and admitted the organization didn't know about the state of the rooms.

"It was new information to us. We know that there is a challenge in finding temporary accommodations for families who are finding themselves in these situations and needing supports."

Supt. Brad Doucette, who first pushed Fald to look into spiking crime rates around motels, said officers are now working with health personnel, city bylaw officials, occupational health and safety and Alberta Works to improve living conditions for the families living in these properties.

 **Duane Mineault and his family's life in a hotel**  
[See page 9](#)



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# Calgarians hope to ease the struggle of learning English

**EDUCATION**

**Local pair introduces online tutor aggregator**

**Anna Brooks**  
Metro | Calgary

Two Calgarians are working to remove roadblocks for English-language learner (ELL) students floundering in the city's public-school system.

Stemming from their own struggles as former ELL students in Calgary, Ismail Dandia and Daljit Parhar launched Eroodyt, an online platform that aggregates tutors in a variety of fields.

Dandia said their focus narrowed to tutors for ELL students when they first heard about the 3.1 per cent cut to funding for ELL students in the Alberta government's March 2015 budget.

"Hearing about the budget cuts hit hard for us because our parents are immigrants," Dandia said. "English was pivotal to our careers, and we definitely faced a lot of challenges through the school system, especially in grade school."

Hetty Roessingh, a professor of education at the University of Calgary, has heavily investigated issues surrounding the lack



**Daljit Parhar, left, and Ismail Dandia talk about their struggles growing up as English-language learner students in Calgary.** JENNIFER FRIESEN/METRO

of supports for ELL students in primary schools and how that can dramatically impede academic growth.

Roessingh said the problem is often these children seem like they're progressing — they can print, read and speak clearly — but end up hitting a wall

around Grade 4 when academic demands heighten.

"When you listen to these kids, you could be easily fooled into thinking they're better than they really are — they're using a lot of simple vocabulary and sticking with it," Roessingh explained. "As time goes on,

that vocabulary gap widens and they get all the way to Grade 12 stuck at maybe a Grade 4 reading level."

Dandia said he experienced exactly that when a professor returned a marked essay for a communications class he was taking in university.

"It wasn't until post-secondary we really started feeling the pain. Essay marks we got back said our writing was equivalent to that of a fifth-grader," Dandia said. "We were failing writing classes, and reading comprehension was really challenging."

ELL students make up approximately 25 per cent of the Calgary Board of Education's 114,500 total students and roughly the same proportion of the 52,361 students in the Calgary Catholic School District.

Dandia said for parents struggling to find a tutor, Eroodyt streamlines their search by providing tutor ratings, qualifications and even criminal background checks.

"We're just striving to provide knowledgeable tutors willing to help out students," she said. "There is an incredible amount of value getting that foundation early on. If you don't learn those communication skills early, you're really at a disadvantage."

For more information, visit [eroodyt.com](http://eroodyt.com).

**CYCLING**

## LRT bike path called 'great' idea

Building a bike path along the existing LRT right-of-way that runs parallel to Macleod Trail north of Chinook Centre would cost about \$1.3 million, according to a new estimate. The idea is getting support from cycling advocates and opponents alike.

"I think the idea is great," said Coun. Sean Chu, who has strongly opposed other cycling infrastructure projects in the past.

He said this one is different because it doesn't take away road lanes used by cars.

"Since we already have the land there, we might as well use it," Chu said.

Coun. Brian Pincott told Metro last October a portion of the gravel service road adjacent to the LRT line could be converted into a bike path easily, and a new city report seems to confirm that.

A "high-level cost estimate" for construction comes to a relatively modest \$1.3 million, including "excavation, grading, paving and landscaping rehabilitation, as well as lighting the pathway."

Earl Raatz, who rides daily along Macleod Trail to get to work and suffered a broken wrist when he was hit by a car on May 5, said the current cycling conditions on the busy roadway are dangerous and he'd welcome a parallel route.

"I think it's a fantastic idea," he said.

"I see a lot of people commuting every day when I'm commuting so I imagine that path would be used quite a bit."

ROBSON FLETCHER/METRO

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# Space squeeze in hospital room ridiculous: Patient

## HEALTH CARE

**AHS claims overcapacity spaces are safe**

**Jeremy Nolais**  
Metro | Calgary

Having undergone major surgery, a Calgary patient said she felt more like a sardine while recovering at a city hospital and said nurses were pleading with her to go public about the space crunch on their unit.

Laura Bitz underwent a complete hysterectomy at Peter Lougheed Centre April 27. During her recovery, she was transferred to a unit on a fourth floor.

As Bitz became more lucid, she began to realize another patient, a woman suffering from complications related to a C-section, was crammed in right next to her. Both she and son Chaz Smith are convinced the room was originally intended for a single patient but had been modified to squeeze two in.

"Even getting two nurses in there to help us, it was so crowded," she said. "They were banging into tables and had to keep moving things to



**ABOVE:** Laura Bitz and son Chaz Smith are raising alarms over the tight quarters Bitz was kept in while recovering from major surgery at the Peter Lougheed Centre. JENNIFER FRIESEN/FOR METRO

manoeuvre around the patients. It was ridiculous."

Bitz and her son Smith complained, but said they were told by the nurses it was "out of their hands." They said the nurses even encouraged them to go public with their ordeal.

Smith also snapped some pictures of the tight quarters.

"I first got there and (when) I saw the room, I started taking pictures," he said. "I was so mad. I couldn't believe that

they would shove two people in there.

"But if you look on the right hand side, that's where all the medical equipment is — the oxygen tank and all the stuff that's built in."

"So the lady that's over here, the one nurse said, 'Well what if she needed oxygen?'

She'd have to go on the other side of my mom's bed or bring in a portable tank."

Provided with Smith's

photos, Alberta Health Services declined to comment on whether the room was intended for one or two patients and said it would be "considered an overcapacity space."

"AHS recognizes that while sometimes the treatment space is not optimal, AHS continues to deliver safe and effective care to every patient," the health body said in a statement. "The decision to



**One of the photos of the room where Laura Bitz was kept.**  
COURTESY CHAZ SMITH

**I couldn't believe that they would shove two people in there.**

Chaz Smith

**AHS continues to deliver safe and effective care to every patient.**

AHS statement

cialized physicians.

Regardless, Bitz said she'd had good experiences in the past at the Lougheed, giving birth to two of her kids there. She said the nurses indicated there were other patients in a similar situation as her.

"They were run off their feet," she said. "They can only do so much."

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Osama Refai, right, joined about two dozen other demonstrators in Calgary to condemn the death sentences against ousted Egyptian president Mohammed Morsi and 105 other people. ROBSON FLETCHER/METRO

# Rally in city after Egypt court move

UN CONCERNED

**Egyptians sentence 106 people to death for prison break**

**Robson Fletcher**  
Metro | Calgary

Dozens of Calgarians rallied Monday to protest the death sentences levelled by an Egyptian court against 106 people including ousted president Mohammed Morsi, while UN Secretary-General Ban Ki-moon raised "serious concerns" over the matter.

The court issued the death sentences Saturday in relation to a mass prison break during the 2011 Egyptian uprising that saw Hosni Mubarak deposed after decades of autocratic rule as president. About 25 people gathered outside Calgary's city hall to condemn the sentences and Canada's response, or lack thereof.

Demonstrator Osama Refai said the Canadian government has done little to condemn the Egyptian military's removal of Morsi in July 2013.

Morsi, an Islamist candidate, was narrowly elected in January 2012 in Egypt's first free and open presidential election, following the revolution.

of 2011.

"They prefer stability over democracy in this part of the world," Refai said of the Canadian government. "They preach democracy. They preach human rights. But they act against it."

The military's deposal of Morsi was supported at the time by many secular Egyptians and quietly welcomed by many Western governments that had grown alarmed by his moves toward enshrining Islamic law in the sharply polarized country.

But the newly installed president, Abdel-Fattah el-Sissi, has since alarmed many people as well with his harsh crackdown on public protests and political opponents.

Refai said el-Sissi has gone beyond just targeting the now-outlawed Muslim Brotherhood that Morsi led.

"We are seeing now many leftist, liberalist young men and women in jail and suffering the brutality of this regime," he said. UN deputy spokesman Farhan Haq said Monday that Ban reaffirmed the United Nations' position against the death penalty.

"The secretary-general underscores the importance of all parties taking steps to promote — and avoiding those that could further undermine — peace, stability and the rule of law in the region," Haq said.

WITH FILES FROM CANADIAN PRESS

## POLITICS

# Huge PC staff cut done for financial reasons

The Progressive Conservative Party cut ties with most of its staff Friday, including long-time executive director Kelley Charlebois.

The party announced it would reduce its office staff down to one person. Former party president Bill Smith, said the difficult decision to let go so many staff came from a transition team within the party that is working to stabilize the party after the devastating electoral

defeat.

"Essentially, our mandate was to assess our financial position and as quickly and prudently as possible make sure we are in a position to go forward," said Smith. "The job of this group was to assess where our party was headed on a financial basis and make decisions."

The party will also close its Edmonton and Calgary offices and will have just one employee, Evan Legate, the party's

fundraising manager.

Smith said the staff were let go strictly for financial reasons and are not to blame for the party's downfall in the election.

"They weren't a causal factor," he said. "These people were good people and worked hard for us over the years."

Smith said the party's finances are a bit of a moving target as the campaign expenses are wrapped up and he expects it will be more challenging to

raise funds over the next four years.

"It's quite a bit different for us. It's going to take us some time to adjust."

He said while the party is in an unprecedent rough patch there are a lot of members reaching out and offering to help.

"I am really encouraged by the support we are receiving from our members," he said.

RYAN TUMILTY/METRO

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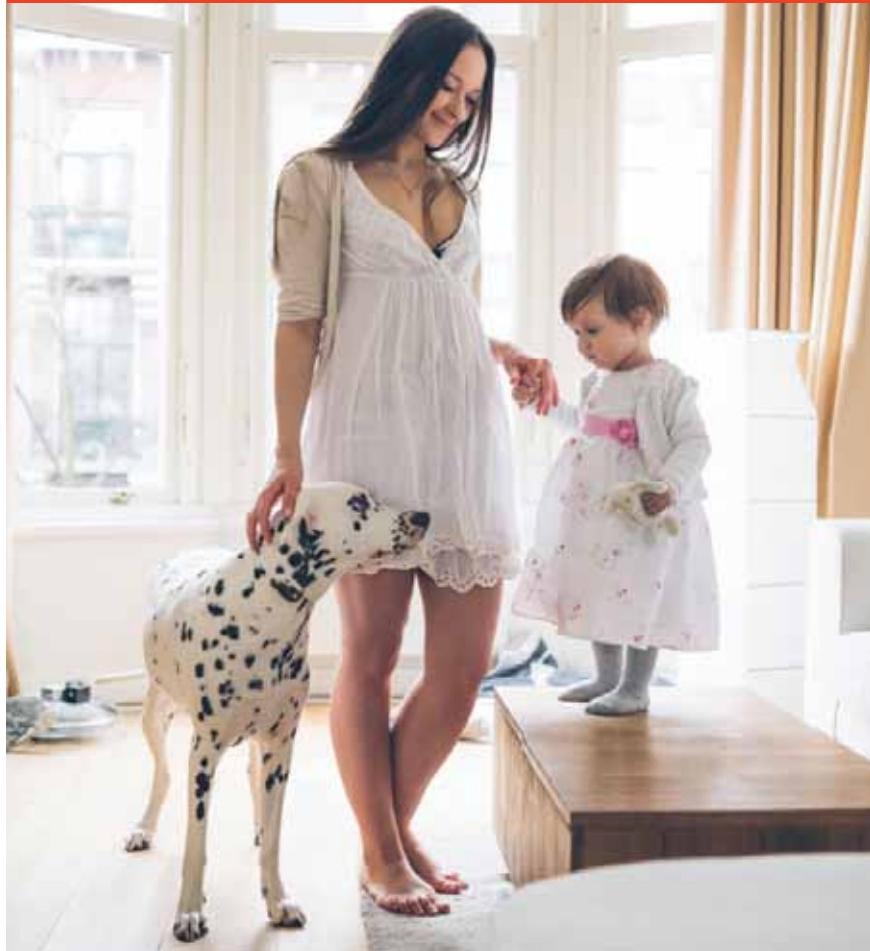
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Tuesday, May 19, 2015

Calgary | metrNEWS



LRT on the Green is hoping the city will listen to its idea on funding the city's Green Line, so it can get a long-awaited transit line to the southeast sooner rather than later. METRO FILE

# Group imagines long-term funding

LRT

## City eyeing models to start north-south transitway

  
**Helen Pike**  
Metro | Calgary

Calgary's annual property tax room is being earmarked by a local transit advocacy group as the remedy for helping fund the city's ambitious north-south LRT Green Line.

With the Green Line project on Calgary's distant horizon — to the tune of 30 years — the City of Calgary is still looking for funding mechanisms to put trains on the tracks.

On Wednesday, the city's transportation committee will delve into an 80-page study commissioned last year to explore creative funding options. The AECOM report shortlisted

16 funding tools including tolls and taxes, all with varying revenue potential.

But what's missing from the list of new tolls and taxes, said Jeff Binks, president of LRT on the Green (LRTOTG), is the creative approach he and his team have come up with to keep taxpayers forking out the same amount of money but start building the coveted LRT as soon as possible.

"We figure that before city council moves forward in asking Calgary taxpayers to commit more to infrastructure and more to the LRT, our big thing is why don't we simply ask them to commit," said Binks.

"How about we use this opportunity and we take the existing tax structure and the existing \$52-million commitment that's been made for 10 years and extend that out to 30 years."

The idea stems from a surplus in property taxes that Coun. Shane Keating already proposed the city dedicate to the project for the next 10

years. Binks said if this was extended to 30 years, taxpayers would commit the same number of dollars and generate \$1.5 billion.

Adam Johnson, director of LRTOTG, said the amount would be enough to start construction on the LRT and skip the Transitway altogether to allocate full funding for trains over buses.

"This is our idea of funding," said Binks. "It's happened for 10 years, let's push it out and use that money to kick-start the LRT and knock on the doors of other orders of government."

CONSULTATION

## LRT on the Green bringing transit discussion to Calgarians

After celebrating its first year as a driving force for transit in the city, Jeff Binks said there's lots to celebrate, but also much more to do as LRTOTG joins the city to ramp up toward a future LRT line.

LRTOTG has been a liaison between communities and the city on all things Green Line related.

"We've been able to actually start a genuine discussion amongst the communities

about what the Green Line LRT is," said Binks. "In doing that over the last year, we've really created a lot of dialogue and discussion, not just about how can we pay for the Green Line LRT, but how will it look in my community and how will it impact my life as a Calgarian."

He added the group has started to see a higher level of communication that's traditionally seen in City of Cal-

gary projects — especially in the design phase.

Next up, LRTOTG is working on securing more funding for the project and perhaps begin LRT construction with the idea it's presenting in Wednesday's committee meeting.

"We're going to hopefully build off that momentum, and introduce ourselves to the new provincial government and try and lobby them," said Binks.

HELEN PIKE/METRO

# Taxes should go to vote: Councillor

## INFRASTRUCTURE

**New funding needed to make up \$1.4B deficit: Report**

**Robson Fletcher**  
Metro | Calgary

Calgary needs about \$1.4 billion more than it has coming to it over the next decade to build new roads, interchanges and transit lines, but could make up most of that missing money with a variety of new taxes and fees that are common in other North American cities.

That's according to a new report, which evaluated 28 potential funding mechanisms to alleviate the city's growing traffic congestion.

Among the top-ranked options are a four-cent-per-litre fuel tax, a 0.5 per cent sales tax, and a dollar-per-day fee on private parking stalls. Each is estimated to raise about \$1 billion over a decade. Of course, these are hypothetical recommendations, as the city doesn't have the authority to levy any of those taxes as it stands.

But even if the provincial government were to authorize a municipality such as Calgary to levy such charges, Coun. Shane Keating said the matter should first go to a vote in a citywide plebiscite.

"I would not be comfortable at all with implementing any of these without residents' permission," said Keating, who chairs the transportation committee that will hear the report on Wednesday.

That's what numerous American jurisdictions have done,



**Coun. Shane Keating says other municipalities have found success in creating sales taxes specifically for transportation infrastructure, but he'd want to put that idea to a plebiscite if the province ever made that an option.** METRO FILE

**\$1.4 billion**

Calgary has a \$1.4-billion infrastructure deficit that, according to a report, can be alleviated with the introduction of new funding options.

Keating noted, typically with the revenues earmarked for specific transportation projects and coming with built-in sunset clauses requiring the taxes to be re-authorized after several years.

"A number of American cities have found that a one

per cent sales tax does wonders," Keating said, adding that some jurisdictions have seen the taxes approved and reapproved by increasing margins in subsequent votes.

But Coun. Sean Chu, the committee's vice-chair, said he expects the federal government's new transit fund announced in its 2015 budget will make up much of Calgary's shortfall and he would be opposed to granting the city any additional taxation powers.

"In the last how many years, the property taxes have increased so much," he said. "Do we need more power, so we can charge people more? I don't think so."

## IN BRIEF

## Golf cart confiscated

Two Albertans have been fined after police in Boyle caught the pair driving a golf cart down the road while allegedly impaired.

RCMP said officers originally stopped the golf cart for violations of the Traffic Safety Act, but gave the driver of the golf cart a breath test after noticing he had been drinking.

The man's licence was suspended for three days and his golf cart was confiscated. METRO

## CRIME

## Two charged after fires in illegal suites

The Calgary Fire Department has charged two property owners after their illegal secondary suites went up in smoke. Both fires happened in April in homes in the city's northwest, according to the fire department, which cited "multiple fire-code deficiencies" in each building.

"Owners of secondary suites are legally accountable for knowing and understanding their obligations under the Alberta Fire Code," said Fire

Marshal Ed Kujat. "Tenants have a right to live in a safe home and to be protected under the Fire Code, regardless of whether the rental unit is a secondary suite or in a multifamily building."

Charges were laid in May. The accused in both matters are set to appear in court July 8, and a conviction under the Safety Codes Act, which the Fire Code falls under, carries a maximum fine of \$100,000 for a first offence. METRO

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# Transit, with a touch of green

**ENVIRONMENT**

## Local designer dreams up sustainable bus shelter



**Helen  
Pike**

Metro | Calgary

Calgary Transit has a lot of expansion on the horizon, but one avid rider hopes he can make a change that will revolutionize the commuting experience.

Jan Crisologo has designed a high-tech bus shelter he hopes will appeal to Calgary Transit's green mandate — and eventually improve the transit user experience. Originally sketched up for a competition, he now hopes to take his design to other parties and maybe someday build a prototype so he can take it to the streets.

The ambitious design includes solar panels on the roof, powering many high-tech gadgets.

"The idea was inspired by an initiative in San Francisco,"



A sketch of Jan Crisologo's futuristic bus-shelter design, which he thinks would be feasible a decade from now. CONTRIBUTED

said Crisologo. "I kind of expanded the idea and had the solar power powering everything in the shelter."

A low-cost e-ink screen will

show riders real-time stop information updated on a live map. The panels will also power Wi-Fi and heat the shelter to give users a seamless online experi-

ence in a comfortable cocoon. With revenue generation in mind, the shelter would produce relevant ad information based on user preferences.

Finally, the composting garbage bin beside the shelter is an added green bonus for this already energy-efficient contraption.

**The main route of technology is to augment people's lives.**

Jan Crisologo, designer

"It's just the whole trend the world is going towards," said Crisologo. "The main route of technology is to augment people's lives. Everything on that shelter is kind of just my idea of the far future, I would say a decade from now," he said.

Crisologo added the technologies involved are up-and-coming, so he doesn't expect to see the shelters on the street any time soon, especially since he hasn't been able to work out how much a prototype would cost to build.

"The pilot project would be extremely expensive, especially since the technology isn't prevalent yet.... If the solar panels work, from what I understand, it should be able to pay itself back because the energy is also connected to the grid."



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 WIND



Duane Mineault sits in one of two motel rooms his family now lives out of until they are able to find permanent housing. RYAN TUMILTY/METRO

# Family forced to live in motels

## PROJECT WATCH

### 2 kids in group home as other 5 kids, parents share 2 rooms

 **Ryan Tumilty**  
Metro | Edmonton

The play mat sits just inside the motel room door, on the sliver of space not consumed by beds and furniture.

On the mat is an imaginary town that has tiny streets meant for tiny cars. For the five kids who live in this room, it's about the only space they can play in.

Duane Mineault, 37, his wife Tanya and five of their seven kids have been living in motel rooms for the past year.

A few weeks ago, Mineault's two oldest boys, aged 12 and 13, were moved to a group home, but his other five children, aged nine all the way to newborn, sleep in one of the two rooms the family has.

In the past year, the family has lived in seven motels.

Sometimes it's only for a night or two, but the majority of their time has been spent in three lodgings — one on Edmonton's western edge, the other in Beverly and this one, which is so far south it's barely still in Edmonton.

The family's cars need repairs, and until they can afford to pay for them, they walk or take transit.

Living this way, Mineault worries about his children's health.

"Our doctors want us out, the nurse wants us out —

everyone wants us out of this room."

And yet they stay. They have little choice.

Mineault's family has no income. Because of a workplace accident, he limps around the room on his badly injured foot.

He was trying to get into the trucking industry, but that ended when a large load was dropped on his foot, crushing it and leaving him unable to work. He said his doctors would prefer he didn't walk more than 10 minutes at a time.

Before the year of temporary living began, the family had a home through a social agency. Then, it was condemned.

As clients of Alberta Works, they're staying in the hotel at taxpayers' expense.

M i n e a u l t c a n ' t g e t a l l t h e answers on the costs, but he believes the government is billed at least \$8,000 a month for the two rooms.

Despite the lack of space in this motel, it's the best place they have lived in the last year.

Cockroaches, mice and bedbugs all plagued the first extended stay they had in the city's west end.

"Mice were climbing the walls, it was so infested," said Mineault. "I had to sleep with the lights on."

From there it was onto the other side of the city and a Beverly motel with similar problems, plus sketchy neighbours who made them feel unsafe.

"That place was like we were in jail," he said. "It was like hell on earth. We became a

target."

It was in that motel where Mineault and his family came to the attention of Project Watch, the Edmonton Police investigation that aims to deal with these problem spots and puts a special emphasis on getting families out of the motels.

Det. Kevin Fald, who is helping spearhead the project, said since they started working on the issue, they have brought Alberta Works supervisors out to see where families have been living.

"It was an eye-opening experience when they came out and they got to see how bad some of the places actually are," said Fald.

Mineault said he's had virtually no contact with his caseworker and she has never visited the motels.

"We've met her once in nine months and she has a caseload of 300 people," he said.

He estimates that, over the past year, the government has spent \$70,000 keeping his family housed.

Before the train of temporary lodgings, he asked for help with a \$1,700 damage deposit to get his family into a permanent home, but was turned down.

He said the permanent home, which the department is now working to provide, would bring his kids stability, get them into regular schools. It's past time he says for his family to have a real home.

"My family has been in and out of school. Everyone is a year behind."



**That place was like we were in jail. It was like hell on earth. We became a target.**

Duane Mineault



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# Bike 'ambassadors' to ease transition for track's debut

## TRAFFIC

**Pilot project's team will help reinforce new road rules**

**Robson Fletcher**  
Metro | Calgary

Calgary's new Centre City Cycle Track Network is set to open within weeks, and the city is preparing to deploy a group of "Bicycle Ambassadors" to help teach both motorists and cyclists the new rules of the road.

Clad in blue shirts, the team of five summer students will travel city streets, visit downtown offices and attend events to help educate Calgarians about how to properly use the new network, which is set to be fully open by late June.

Cycling co-ordinator Tom Thivener said the ambassadors are there to smooth out wrinkles but, for the most part, the separated bike lanes should be self-explanatory.

"They're designed to be predictable," Thivener said. "So if you're driving, just follow the signs and signals and you should be fine. Same if you're biking in the network — just follow the signage and signals and you'll be fine."

Still, it will likely take some time for both motorists and



Calgary's cycle track network is currently under construction downtown and in the Beltline. The set of separated lanes is set to open in June. ROBSON FLETCHER/METRO



**We're looking for a lot of patience and a lot of forgiveness, because there's going to be errors on both sides.**

Staff Sgt. Paul Stacey

drivers to adjust to the new lanes, said Staff Sgt. Paul Stacey with the Calgary Police Service Traffic Section.

"We're looking for a lot of patience and a lot of forgiveness, because there's going

to be errors on both sides," Stacey said. "So, hopefully nobody gets too righteous about this and they understand it's a learning experience for everybody."

Of course, the entire idea be-

hind cycle tracks is to physically separate cyclists and motorists, but that's not possible in all areas.

In spots where the two will legally cross paths — typically at access points to alleyways or parking garages — the pavement will be marked with green paint.

"So when motorists see the green conflict markings they should know that a cyclist could be travelling here as well," Thivener said.

## CYCLE TRACK

### Bike track pilot engages riders, drivers on road rules

Calgary's Centre City Cycle Track Network is being built as a pilot project. After a year and half of operation, city council will evaluate the pros and cons and decide whether to keep, alter, or remove the separated bike lanes.

The green markings will also be painted at some lower-volume intersections, while higher-traffic intersections will see separate signals for both motorists and cyclists.

Mark McIlree, who mostly cycles in the city's north end, said navigating downtown traffic is "kind of tricky" as it stands and he's looking forward to trying out the new separated lanes when they open.

McIlree was involved in a serious collision last October on 8 Avenue NE while he was riding down the hill toward the bridge over Deerfoot Trail — an oncoming car suddenly turned left in front of him.

The crash left him with a shattered pelvis that required pins to repair and severe damage to the ligaments in his hand, but he still rides today and said, for the most part, motorists in the city are quite courteous.

"Any other interaction I have had with drivers has been great," he said.

## MUSIC DI, Sled Island team up for event

The artistic talents of the Calgary Drop-In & Rehab Centre Society (DI) will be showcased at a unique performance as part of this year's Sled Island music festival.

The Shelter From the Storm project is meant to encourage both clients and employees at the DI to collaborate and put together an array of unique songs and stories to be shared during their debut performance on June 27.

The creative output of this project is also meant to break down barriers and misconceptions about the DI community, as well as share their stories and perspectives through artistic mediums.

Working in conjunction with Sled Island, creative work undertaken during Shelter From the Storm will be guided by DI artist-in-residence Kris Demeanour, who served previously as Calgary's first poet laureate.

On top of the unique performance at the end of June, Kerianne Sproule and Leah Hennel will be working with the DI team to put together a film documenting the project.

Organizers said they believe a project such as this "will meet a core need that has always existed for human beings in their communities."

The whole Shelter From the Storm journey, along with updates and blog posts, can be followed online at shelterfromthestorm.thedi.ca. METRO

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# Calgary musician pleads for return of stolen bass

## POLICE INVESTIGATING

**Robbery loot included BG250 TC Electronic amp: Owner**

**Anna Brooks**  
Metro | Calgary

The lifeblood of local musician Hans Sahlen — a beautiful, blue string bass — was discovered missing after Sahlen's van was smashed into

Saturday night.

Sahlen said his van was parked overnight at his apartment in a secured area near 6 Avenue and 8 Street SW, but that didn't stop someone from crowbarring through a security door and breaking into his van.

Sahlen's van hasn't been running since the break-in, but his biggest loss was the six-foot tall blue bass, which he's had for almost nine years.

"She's a big part of my life," Sahlen said.

"It's a blow, definitely. I play at the farmers market, children's birthday parties ... I'm



**The economy is getting tight, so people are trying to find ways to make money. Unfortunately sometimes they go and smash in and steal things from people.**

Hans Sahlen

supposed to play at one next weekend, so I have to figure out how I'm going to do that."

Sahlen's BG250 TC Electronic amplifier was also stolen in the incident.

Police are now investigating the robbery, and Sahlen is offering a \$250 reward for the

safe return of his instrument.

"I'm without my bass, without an amp, without my van ... the economy is getting tight, so people are trying to find ways to make money," Sahlen said.

"Unfortunately sometimes they go and smash in and steal things from people."



Hans Sahlen's bass. CONTRIBUTED



**STALEMATE VOLLEYBALL NATIONALS HIT CALGARY** A player from the Vulcan Volleyball Club Vipers, left, and the East Kootenay Volleyball Club engaged in some hand-to-hand combat at the net during Monday's Volleyball Canada nationals. More than 800 teams have competed on 50-plus courts at the Olympic Oval, the University of Calgary gyms and the BMO Centre in the six-day event for athletes in the U14 to U18 volleyball categories. DARREN KRAUSE/METRO

## PLANNING

**City hopes to include artists in transit line**

In a first for the City of Calgary, artists are being brought on board right from the get-go for a new public-art plan for the future southeast Green Line transit route.

Sarah Iley, manager of culture for the city, said in past projects, artists haven't been involved until the very end — an issue she said has needed addressing for some time.

"Public art is only one per cent of the budget, so we're not brought in until things are quite far along," Iley said. "It's challenging because then we're put in a position where everything is all planned and organized, and we have to tell artists, 'Oh well, you can have this little spot here.'"

Iley added that involving artists at the beginning of a massive undertaking like this would not only create a more holistic project, but would be an important part in involving the Calgary community in the process.

"Public art consultants are important in getting the community's sense of places to think about when considering art," Iley said.

These places could be the LRT stations themselves, pedestrian bridges ... it gives us great possibilities for imagining this in its totality."

An example of similar public art work already under way is Canadian artist Bill Pechet's designs for the Tuscany LRT Station. The two almost 40-foot tall sculptures mimicking constellations are expected to be completed this summer.

The city has put out a call for artists and public art consultants for southeast Green Line with an application deadline of May 22. ANNA BROOKS/METRO

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# Human-rights suit filed over medical marijuana

## COURTS

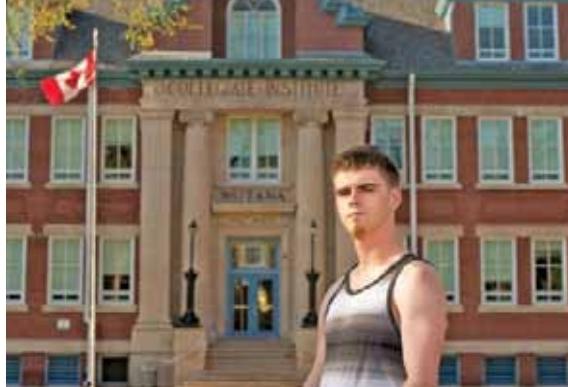
## Student denied permission to smoke prescribed pot

Michael Wileniec used to walk across the street from his Saskatoon high school several times a day and hang out with the rest of the smokers, although he was the only one puffing on prescribed medical marijuana.

His routine ended earlier this year when school officials told him he could not smoke prescribed weed on school grounds, nor could he attend classes while under its influence. Wileniec fought the ruling before the school board and lost.

"We got a reply back from the superintendent saying there's no need for medical marijuana in the school and that a student under medical marijuana is a safety hazard," the 21-year-old said.

Wileniec has filed a human



**Michael Wileniec has a prescription for medical marijuana due to a rare bone disease.** LIAM RICHARDS/THE CANADIAN PRESS

rights complaint and lawyers believe he's the first student in Canada to do so.

The case is not likely to be settled by the time Wileniec graduates from Nutana Collegiate at the end of June. But he says it's an important fight that he'll continue for others.

Wileniec was seven when he

was diagnosed with hereditary multiple exostoses, a disease in which benign tumours grow on his bones and into his joints, often pinching nerves. He's in constant pain.

Medical treatments have delayed his progress. That's why he enrolled three years ago at Nutana, a community school

that focuses on academic upgrading and career training. It was around that time that his doctor gave him a prescription for medical marijuana. Wileniec says pot works better for him than painkillers, dulling the agony while allowing him to focus on classwork.

The school was OK with it at first, Wileniec says, provided he smoked off grounds. But when he took an 18-month hiatus to have his left leg lengthened, a painful process involving screws, he returned to find new officials and new rules.

His lawyer, Heather Funk, says it's obvious her client is being discriminated against, since other students are allowed to take medications at school. Wileniec's family had suggested he use a vaporizer in the nurse's office, making the marijuana virtually odourless. The school said no.

A spokeswoman with Saskatoon Public Schools says the division addresses medical needs on a "case-by-case basis."

THE CANADIAN PRESS

## SAUDI ARABIA

## Canada urged to speak against cluster bombs

Canada has an obligation to publicly warn Saudi Arabia, its military partner in an ongoing bombing campaign in Syria, to refrain from using banned cluster bombs, say advocates who campaigned against the weapon.

The issue has come to light because of a report earlier this month by the U.S.-based group Human Rights Watch that said a Saudi-led coalition may have used the banned weapons while bombing Shiite rebels in Yemen.

Canada and Saudi Arabia, along with the United States, are among the half-dozen countries in another coalition that is currently engaged in bombing missions against the Islamic State of Iraq and the Levant (ISIL) in Syria.

Regardless of Canada's activities in Syria, it has an international legal obligation to speak out because it ratified the United Nations treaty to ban cluster bombs, said Steve Goose, the head of the arms division of Human Rights Watch.

"They could have done a demarche or something," said Goose, referring to the use of a standard, behind-the-scenes dip-

### + DETAILS

#### Government says it will 'discourage' use

An emailed statement from the Foreign Affairs department on Monday said Canada would pursue opportunities "to discourage the use of cluster munitions by states not party to the convention."

The statement did not answer a question about whether Canada had raised the Human Rights Watch report with Saudi officials.

"We will continue to engage with Saudi Arabia on a range of issues including regional security and human rights," it said.

THE CANADIAN PRESS

lomatic notice. But that would not have been enough, he added.

"Publicly speaking out is the best way to do this because that's how you stigmatize the weapon. That's how you generate outrage against it, and that's the best way to discourage any use."

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A YouTube user who goes by the name Wize Hop is known for his train hopping videos. HANDOUT/THE CANADIAN PRESS

## New hobos on the road and online

### VAGABOND FORUM

#### Community shares tips on hitchhiking, hopping trains

Eric St. Pierre may not have been an obvious candidate for the hobo life. Growing up in Windsor, Ont., he spent every waking minute outside of high school online, playing World of Warcraft or scrolling through message boards.

He's always had wanderlust — at 15, he became obsessed with the idea of walking across Canada and begged friends to come with him. The plans fell apart, his friends grew up and they went to university or got full-time jobs.

St. Pierre felt stuck. At 21, he was spending his days answering phones in a FedEx office and crashing at home every night, drained of energy or inspiration.

"I went into a pit of depression. I couldn't sleep very well, getting up two or three times a night," he recalled. "I could hardly look people in the eye."

Then he came across an Internet forum thread about vagabonds. Intrigued, he clicked through and found Squat the Planet, an online community filled with tips on how to safely train hop, hitch rides and sleep outdoors.

One day, he asked his dad to drop him off at a truck stop. His life as a hobo had begun.

St. Pierre is one of many young Canadians who are dropping out of the 9-to-5 life and hitting the road to work odd jobs, dumpster dive and sleep under the stars. But while vagabonds of generations past stayed connected through a secret code scratched on walls, today's hobos are turning to iPhones, Tumblr and Facebook.

"Never, ever, ever in our history have we been anti-technology," said Huck, a U.S. train hopper who asked that his real name not be used.

"When freight trains were invented, hobos were the first ones to jump on 'em, and when automobiles were invented, we were sticking out our thumbs for rides."

Huck is the founder of /r/vagabond, a reddit community for hobos to share photos and advice about living on the road.

The forum has grown rapidly from 500 to 10,000 members in the past year, according to Huck.

Many outsiders are surprised to learn that homeless travellers use the Internet and smart phones. But Huck pointed out that it's pretty cheap to buy a used cell and a package of pre-paid minutes. Even those who don't have phones can pop into a public library to use Google Maps or Craigslist, he said.

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### HEALTH

## Kids with non-urgent issues flood ERs

Every emergency department doctor who treats children has probably had conversations that started with: "I'm pretty sure he's fine, but..." or, "I know I shouldn't be here, but..."

A tally done by the Children's Hospital of Eastern Ontario found that roughly 45 per cent of the 72,500 kids who were seen in the emergency room in the last fiscal year had health problems that were of "low acuity." That means they

were not urgent or severe.

Many of those children could have — and should have — been cared for by family doctors or at walk-in clinics, says Dr. Ken Farion, an emergency medicine physician.

The Ottawa-based hospital is trying to educate parents on the appropriate use of the emergency department.

"Where five or six years ago we would have seen about a third of our patients would

have been lower acuity, we're now seeing 45 per cent," Farion said.

"We need families to make a different choice to protect this resource for the children who clearly need to be here."

CHEO gives parents a brochure with some guidelines.

For example, fever in a normally healthy child who has been vaccinated and who appears playful when the temperature is brought down by drugs can be

seen by a family doctor. Fever in an infant (under three months) or in a child who appears hard to wake should lead to the ER.

Minor head injuries with no loss of consciousness, confusion or vomiting can be seen by a family doctor or at a walk-in clinic. Head injuries involving loss of consciousness, confusion and repeated vomiting, or that require stitches, should be seen in the emergency department.

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# Cities embrace crowdfunding

CIVIC PROJECTS

## Websites now solicit funds for bridges and bike paths

At a time when municipal budgets are stretched and urban-improvement projects may not top a city's priority list, community groups, non-

profits and local governments are increasingly turning to crowdfunding to help finance public projects.

Crowdfunding websites, which allow groups and individuals to solicit donations online, are usually associated with artists, entrepreneurs and humanitarian projects.

However, a small but growing number of crowdfunding campaigns are looking to finance civic projects such as

artwork, green spaces and public spaces.

In the United States and Europe, purpose-specific sites such as Spacehive, IOBY and citizinvestor have been used to fund everything from bridges to bicycle services.

Although the practice is less common in Canada, the presence of some homegrown web platforms and a host of online campaigns seems to indicate that civic crowdfund-

ing may be on the rise in this country.

In Montreal, a group of urban design and citizen groups have launched an Indiegogo campaign to finance a project they call "Village Ephemere," a summer-long public gathering place with street food, local artists and vendors.

They want to fund the project's third edition with \$40,000 in crowdfunding,

hopefully in combination with city grants.

Jerome Glad of the non-profit group Pepiniere and Co., which is spearheading the project, said city funding is uncertain and corporate sponsorship comes with too many strings.

Crowdfunding, he said, can ensure citizen participation while making up for funding shortfalls.

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**Jerome Glad, co-founder of Pepiniere and Co.**

RYAN REMIOZ/THE CANADIAN PRESS



**CRITICAL CONDITION GREATEST GRATITUDE** Ottawa Senators owner Eugene Melnyk, shown last year, is thanking the public after more than 500 people offered to donate part of their liver to him. FRED CHARTRAND/THE CANADIAN PRESS



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# Iffy stem-cell procedures flourish across the U.S.

## HEALTH

## Unproven methods are outpacing regulation

More than 170 clinics across the U.S. are selling experimental stem-cell procedures for dozens of diseases and conditions — a mushrooming industry that has flourished despite little evidence of its safety or effectiveness.

The rise of the U.S. stem-cell industry illustrates how quickly fringe medicine can outpace government oversight. Over the last five years, academic stem-cell researchers have watched in dismay as doctors treat patients with experimental techniques that they say could take years, if not decades, to become sound medicine.

"It's sort of this 21st-century cutting-edge technology. But the way it's being implemented at these clinics and how it's regulated is more like the 19th century. It's a Wild West," says Dr. Paul Knoepfler, a stem-cell researcher at the University of California at Davis.

In 2010 there were only a handful of doctors promoting stem-cell procedures in the U.S., mainly plastic surgeons promoting "stem-cell facelifts" and other cosmetic procedures. But today there are



**Dr. Mark Berman of the Cell Surgical Network collects fat from a patient's back as part of an experimental stem-cell procedure, in Beverly Hills, Calif.** RAQUEL MARIA DILLON/THE ASSOCIATED PRESS

clinics throughout the country promoting stem cells for dozens of conditions and diseases, including Alzheimer's, arthritis, erectile dysfunction and hair loss.

The cost of these procedures is high, ranging from \$5,000 to \$20,000.

Many of the businesses are linked in large, for-profit

**It's sort of this 21st-century cutting-edge technology. But the way it's being implemented ... is more like the 19th century.**

Dr. Paul Knoepfler, stem-cell researcher

chains that offer doctors the chance to join the franchise after taking a seminar and buy-

ing some equipment. The largest of these chains is the Cell Surgical Network,

## EVIDENCE

### Stem-cell treatments

Stem cells have long been recognized for their ability to reproduce and regenerate tissue. And while there are high hopes they will someday be used to treat a range of debilitating diseases, critics say stem-cell entrepreneurs have little more than anecdotes to support their offerings.

THE ASSOCIATED PRESS

co-founded in 2012 by Dr. Mark Berman, who spent 30 years as a Beverly Hills plastic surgeon before working with stem cells.

His company offers stem-cell procedures for more than 30 diseases and conditions, including Lou Gehrig's disease, multiple sclerosis and arthritis. He and his partner adapted technology from Asia into a liposuction-based procedure in which fat is pumped out of patients' abdomen, processed with drugs and equipment and then injected back into the body.

Berman says this fat-based "soup" is rich in shape-shifting stem cells that have the potential to treat everything from neurological diseases to achy joints.

The clinics insist that their treatments are safe but routinely require that patients sign waivers. THE ASSOCIATED PRESS

## PAINKILLERS

## DIY drug sparks concern

Scientists have figured out all the steps to make morphine and similar painkillers without using opium poppies, opening the door for home-brewed drugs and potential abuse.

While no one has yet reported making morphine in the laboratory from scratch, some experts are calling for regulations to prevent garage tinkerers from making do-it-yourself drugs.

Society needs to "think this through now, before it becomes a reality," said bio-engineer John Dueber of the University of California, Berkeley, who led a team that discovered the final missing link of the process.

Poppy plants have been farmed for centuries for opium, from which morphine is derived. The controlled substance is often used before and after surgeries to relieve severe pain.

For the past decade, groups of researchers have hacked the DNA of yeast to mimic poppies, in hopes of creating cheaper and less-addictive pain relievers. So far, the yeast strains created can only perform the last steps of a long process that can lead to morphine and other narcotic drugs.

The UC Berkeley team discovered the missing piece — the first step in the process — and published the findings yesterday in the journal Nature Chemical Biology.

The genetically engineered yeast was able to convert sugar to a chemical that's a precursor to morphine. THE ASSOCIATED PRESS

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Police create a barricade to protect a military base near Ramadi. THE ASSOCIATED PRESS

## U.S. 'setback' calls strategy into question

IRAQ

### Extremists capture provincial capital

The fall of Ramadi calls into question the Obama administration's strategy in Iraq.

Is there a Plan B?

The current U.S. approach is a blend of retraining and rebuilding the Iraqi army, prodding Baghdad to reconcile with the nation's Sunnis, and bombing Islamic State of Iraq and the Levant (ISIL) targets from the air without committing American ground combat troops.

But the rout revealed a weak Iraqi army, slow reconciliation and a bombing campaign that, while effective, is not decisive.

On Monday, administration officials acknowledged the fall of Ramadi, the capital of Anbar province, as a "setback" in America's latest effort in Iraq. They still maintained the campaign would ultimately bring victory.

But anything close to a victory appeared far off.

ISIL captured Ramadi over the weekend, killing up to 500 Iraqi civilians and soldiers and causing 8,000 people to flee their homes. On Monday the militants did a door-to-door search looking for policemen and

pro-government tribesmen.

One alternative would be a containment strategy — trying to fence in the conflict rather than push the Islamic State group out of Iraq. That might include a combination of airstrikes and U.S. special operations raids to limit the group's reach. In fact, a Delta Force raid in Syria on Friday killed an ISIL leader known as Abu Sayyaf who U.S. officials said oversaw the group's oil and gas operations, a major source of funding.

Officials have said containment might become an option but is not under active discussion now.

It seems highly unlikely that President Barack Obama would take the more dramatic route of sending ground combat forces into Iraq to rescue the situation in Ramadi or elsewhere. A White House spokesman, Eric Shultz, said Monday the U.S. will continue its support through airstrikes, advisers and trainers; he pointed to an intensified series of coalition air assaults in the Ramadi area, which included eight strikes overnight Sunday.

The administration has said repeatedly that it does not believe Iraq can be stabilized unless Iraqis do the ground fighting. The Pentagon insisted Monday the current U.S. plan is still viable.

THE ASSOCIATED PRESS

MILITANTS

## Nigeria destroys 10 Boko Haram camps

The Nigerian military says it destroyed 10 Boko Haram forest camps over the weekend, but the Islamic extremists killed a man and abducted several women as they attacked a recently recaptured town, according to witnesses.

Soldiers killed many militants and captured heavy weaponry in Saturday's offensive in northeastern Sambisa Forest, said spokesman Maj. Gen. Chris Olukolade of the

Ministry of Defence. One soldier was killed by a land mine when troops overran 10 Boko Haram camps, Olukolade said.

This comes after a surge in attacks by the Islamic extremists including suicide bombings, assaults on a business school and villages and a repelled night-time raid by hundreds of fighters on the biggest military base in northeast Nigeria. Also Saturday, some militants attacked villages and the

town of Sabongari Yandulam in northeast Yobe state, a survivor, farmer James Musa, said Monday. Local official Maina Ularamu confirmed the attack and said one man was killed and six women abducted.

Olukolade and other Nigerian officials had said Boko Haram's main fighting force was trapped in the vast Sambisa Forest following a 14-week multinational offensive that drove them out of dozens

of towns and villages where they had declared an Islamic caliphate. But some must have escaped to press last week's attack on Giwa Barracks in Maiduguri, the biggest northeastern city, 200 kilometres from the forest. The forest offensive had destroyed some 20 other camps and allowed soldiers to free 700 captured girls and women before getting bogged down by land mines.

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# Police on alert after shootout

WACO, TEXAS

## Biker gangs threaten authorities in wake of arrests

Police were on alert Monday for any retaliatory attacks after a chaotic shootout between rival biker gangs left nine people dead and at least 18 more wounded outside a Texas restaurant.

Waco police Sgt. W. Patrick Swanton said authorities had received threats against law enforcement "throughout the night" from biker groups and stood ready to confront any more violence resulting from Sunday's gunfire.

"We have a contingency plan to deal with those individuals if they try to cause trouble here," Swanton said at a news conference.

About 170 people were arrested on charges of engaging in organized crime. Earlier, Swanton said 192 people had been arrested but later revised that number downward.

The shootout erupted short-

ly after noon at a busy shopping centre where members of at least five rival gangs had gathered for a meeting, Swanton said.

Preliminary findings indicate a dispute broke out in a bathroom and escalated to include knives and guns. The fight eventually spilled into the restaurant parking lot.

"I was amazed that we didn't have innocent civilians killed or injured," Swanton said.

The interior of the restaurant was littered with bullet casings, knives, bodies and pools of blood, he said.

Authorities were processing the evidence at the scene, south of Dallas. About 150 or 200 bikers were inside during the shootout.

Parts of downtown Waco were locked down, and officials stopped and questioned motorcycle riders.

Agents from the FBI and the federal Bureau of Alcohol, Tobacco, Firearms and Explosives were assisting local and state authorities.

Police and the operators of Twin Peaks were aware of the meeting in advance and at least



**Authorities investigate a shooting in the parking lot of a Twin Peaks restaurant in Waco, Texas on Sunday. The shootout killed nine and left at least 18 more wounded.** JERRY LARSON/THE ASSOCIATED PRESS

12 Waco officers in addition to state troopers were outside the restaurant when the fight began, Swanton said.

Officers shot armed bikers,

he said.

It was not immediately clear whether any of the nine dead were killed by police. The identities of the dead have yet to be made public.

McLennan County Sheriff Parrish McNamara, whose office is involved in the investigation, said all nine who were killed

## CHARGES

About 170 gang members were charged with engaging in organized crime and are each being held on a \$1 million bond. Authorities say charges of capital murder are expected in the wake of the Waco shooting.

were members of the Bandidos or Cossacks gangs.

In a 2014 gang threat assessment, the Texas Department of Public Safety classified the Bandidos as a "Tier 2" threat, the second highest. Other groups in that tier included the Bloods, Crips and Aryan Brotherhood of Texas.

The Texas assessment does not mention the Cossacks.

There's at least one previously documented instance of violence between the two groups. In November 2013, a 46-year-old from Abilene who police say was the leader of a West Texas Bandidos chapter was charged in the stabbings of two members of the Cossacks club.

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Cindy Lee Garcia, an actress in *Innocence of Muslims*, right, and attorney Cris Armenta in 2012. THE ASSOCIATED PRESS

## YouTube film ruling overturned

### LAW

#### Appeal court agrees with free speech advocates

YouTube should not have been forced to take down an anti-Muslim film that sparked violence in the Middle East and death threats to actors, a federal appeals court ruled Monday in a victory for free speech advocates.

The 9th U.S. Circuit Court of Appeal sided with Google, which owns YouTube, after free speech advocates urged the court to overturn a 2-1 decision by three of its judges. The three judges had ordered YouTube to take down the video.

Actress Cindy Lee Garcia wanted *Innocence of Muslims* removed from the site after receiving death threats. Her lawyer argued she had a copyright claim to the low-budget film because she believed she was acting in a different production.

Google argued Garcia had no claim to the film because the filmmaker wrote the dialogue, managed the production and dubbed over her lines.

It wasn't immediately clear if or when the video would be reposted on YouTube. A Google spokesman did not immediately

ly respond to an email seeking comment.

The film inspired rioting by those who considered it blasphemous to the Prophet Muhammad and President Barack Obama and other world leaders asked Google to take it down.

Google, which said those requests amounted to censorship, was joined by an unusual alliance of filmmakers, other Internet companies and prominent news media organizations that didn't want the court to alter copyright law or infringe on First Amendment rights.

YouTube and other Internet companies were concerned they could be besieged with takedown notices, though it could be hard to contain the film that is still found online.

A lawyer for Google argued in December that if a bit player in a movie has copyright privileges, it could extend to minor characters in blockbusters, shatter copyright law and ultimately restrict free speech because anyone unhappy with their performance could have it removed from the Internet.

Cris Armenta, a lawyer for Garcia, previously said the extraordinary circumstances justified the extreme action of a court injunction against YouTube. "She is under threat of death if she is not successful in removing it," Armenta argued. THE ASSOCIATED PRESS

### FLORIDA

## Battle rages over U.S. boy's circumcision

A judge expressed skepticism Monday that a long-running court battle over a Florida boy's circumcision amounted to a constitutional issue worthy of being argued in federal court after being exhaustively litigated in state courts.

In the first hearing on the issue in federal court, U.S. District Judge Kenneth Marra questioned the attorney for the boy's mother, Heather Hironimus, over the legality of

proceeding with the case when a state judge had already ruled.

"Aren't you really asking me to revisit and second-guess?" Marra said near the start of the 80-minute hearing in West Palm Beach.

Already a legal oddity for its subject matter, the long-running case between the boy's estranged parents got an extra dose of drama when Hironimus fled with the child nearly three months ago, going into hiding

at a domestic violence shelter while a state judge warned she risked imprisonment for defying orders and refusing to appear in court. She was arrested Thursday and remains jailed.

Hironimus, 31, and the boy's father, Dennis Nebus, have been warring since her pregnancy. They were never married but share custody of their child, and in a parenting agreement filed in court, the two agreed to the boy's cir-

cumcision. The mother later changed her mind, giving way to the long legal battle.

Though Marra made no ruling in the case, he was often incredulous as Hironimus' attorney, Thomas Hunker, contended the case could continue in federal court. Hunker said because the procedure was not performed in infancy, it was now a "life-and-death situation" involving the risk of anesthesia. THE ASSOCIATED PRESS

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CANADA POST

## Cities keep an eye on mailboxes dispute

Canada Post and the city of Hamilton, Ont., are going to court over how much of a say local governments can have over where community mailboxes can be installed — and municipalities across Canada are watching to see who wins.

After hearing complaints over safety, privacy, litter and traffic when the mailboxes are installed, Hamilton's city council amended a bylaw, which now requires Canada Post to

obtain a \$200 permit per site to install the mailboxes on municipal land. City staff would assess each mailbox's location to ensure it meets city standards.

Canada Post ignored the bylaw, however, saying that under the federal Canada Post Act, it has the exclusive jurisdiction over postal services and the legal authority to install community mailboxes on municipally owned property.

THE CANADIAN PRESS

### IN BRIEF

#### 104 deaths now blamed on faulty GM car switches

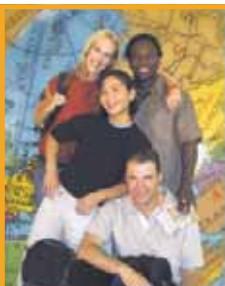
The death toll from faulty ignition switches in small cars made by General Motors has reached 104. Victims' families are being offered compensation of at least \$1 million each.

THE ASSOCIATED PRESS

#### Protesters try to stop work on Arctic Ocean drilling rig

Critics of oil drilling in the Arctic Ocean plan to block the gates to a seaport terminal in Seattle, where Royal Dutch Shell's floating rig will be loaded up before heading to Alaska this summer.

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# Bionic lens unveiled

EYESIGHT

### Implant would bring perfect vision: B.C. optometrist

Imagine being able to see three times better than 20/20 vision without wearing glasses or contacts — even at age 100 or more — with the help of bionic lenses implanted in your eyes.

Dr. Garth Webb, a British Columbia-based optometrist who invented the Ocumetics Bionic Lens, says patients would have perfect vision and that driving, progressive and contact lenses would become a dim memory as the eye-care industry is transformed.

Webb says people who have the specialized lenses surgically inserted would never get cataracts because their natural lenses, which decay over time, would have been replaced.

Perfect eyesight would result "no matter how crummy your eyes are," Webb says, adding the Bionic Lens would be an option for someone who depends on corrective lenses and is older than about 25, when the eye structures are fully developed.

"If you can just barely see the clock at 10 feet, when you get the Bionic Lens you can see the clock at 30 feet away," says Webb. He demonstrates how a custom-made lens — that folds



**Dr. Garth Webb holds a bionic lens at Manterra Technologies where the lens will be mass produced in Delta, B.C.** DARRYL DYCK/THE CANADIAN PRESS

### + DUE DATE

#### Two years to availability

Pending clinical trials on animals and then blind human eyes, the Bionic Lens could be available in Canada and elsewhere in about two years, depending on regulatory processes in various countries, says Dr. Garth Webb.

like a taco in a saline-filled syringe — would be placed in an eye, where it would unravel itself within 10 seconds.

He says the painless procedure, identical to cataract surgery, would take about eight minutes and a patient's sight would be immediately corrected.

Webb, the CEO of Ocumetics Technology Corp., has spent the last eight years and about \$3 million researching and developing the Bionic Lens, getting international patents and securing a biomedical manufacturing facility in Delta, B.C.

His mission is fuelled by the "obsession" he's had to free himself and others from corrective lenses since he was in Grade 2, when he was saddled with glasses.

Webb's efforts culminated in his recent presentation of the lens to 14 top ophthalmologists in San Diego the day before an annual gathering of the American Society of Cataract and Refractive Surgery.

Dr. Vincent DeLuise, an ophthalmologist who teaches at Yale University in New Haven, Conn., and at Weill Cornell Medical College in New York City, says surgeons, from Canada, the United States, Australia and the Dominican Republic, were impressed with what they heard and some will be involved in clinical trials for Webb's "very clever" invention.

THE CANADIAN PRESS

TRADE

## Canada, Mexico win meat labelling fight

Canada and Mexico have defeated the United States' meat-labelling rules at the World Trade Organization, winning a final appeal that could pave the way to retaliatory sanctions.

If the U.S. wants to avoid a

broader trade war, Monday's decision means it might have to drop its insistence on special grocery-store labels that identify meat by its country of origin.

Failure to fix the meat labeling requirement could lead

to tariffs on a wide range of U.S. products, including wine, chocolate, cereal and frozen orange juice.

Proponents of labels argued that customers have the right to know where their food comes

from. Canada and Mexico countered that it was actually a protectionist measure designed to keep foreign meat off the grocery shelves while offering no benefit for food safety.

THE CANADIAN PRESS

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# metro VIEWS

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Tuesday, May 19, 2015



## the big question

# Who gets to live on a reserve?

**First Nations councils decide. Their rules may differ from federal laws governing Indian status. Quebec's Kahnawake Mohawk Territory requires anyone who partners with a non-indigenous person to move out. Amanda Deer, her non-native partner and son did just that on Sunday after protesters outside their home demanded they leave Kahnawake. "Marry out, stay out" rules have become a flashpoint since 1985, when the revised Indian Act enabled families to lose Indian status after two generations of having children with non-status people.**

## A transit wish list for the new government



Albertans elected a brand-new provincial government two weeks ago. There has been much speculation about what the NDP government will do about taxes and the oil sands. There has been less interest regarding what it will do regarding transportation.

The NDP platform said the party would continue to fund the Municipal Sustainability Initiative and put the money from the carbon capture and storage program into public transit capital investment. Another promise is to create an infrastructure "sunshine list" to rank the projects to be funded. If the funding provided is stable and predictable, and the sunshine list provides a transparent, fair process

for what capital projects are funded provincially, this could make for an exciting time for cities looking to make headway on major infrastructure projects.

But these were promises made during an election, and the new government will have a lot of work to do. Rachel Notley's office said she won't be giving out any more details about her plans until she's sworn in and has laid out a spending plan.

Mayor Naheed Nenshi said he's "intrigued by the responses from the NDP" to his Cities Matter survey, and looks forward to working closely with the new government on important transportation infrastructure projects.

So, given that we do not yet know what the new government plans to do, here's my wish list.

First, stable capital infrastructure funding. Historic-

ally, the provincial and federal governments have provided a large portion of the funds for transportation projects. That's because transportation is integral to making our cities and regions work, and can't be shouldered by municipal governments alone. Municipalities must be able to rely on stable capital funding to undertake projects with certainty that the money will be there.

Secondly, we should see transit operating funding provided on an ongoing and predictable basis. Most provinces provide some transit operational funding. Alberta provides none to its cities. Capital investment without operation dollars makes for a transit system that gets built but doesn't function well day-to-day.

Also, the "sunshine list" of infrastructure projects should be closely aligned with the stated objectives of municipi-

palities. Funding from the province should recognize Calgary's goal to develop sustainable and multi-modal transportation.

Finally, I'd like cities to set their own default speed limits. That way, the default residential speed limit could be reduced from 50 kilometres an hour without having to sign every stretch of road. This could reduce collisions, injury and deaths.

I look forward to seeing what our new government does for our cities. A time of change is upon us. I hope it will lead to a more fair, consistent, and transparent approach.

**Kimberly Jones** has lived in Calgary for 35 years. She is a transportation advocate, particularly interested in walking and public transit, and studies urban issues and planning.

## ROSEMARY WESTWOOD

### metroview

## B.B. King is gone, but his truth is still in the gospel sound

"Church was not only a warm spiritual experience," B.B. King once said. "It was exciting entertainment."

The legendary blues singer, who died on Thursday, grew up on gospel.

"It was where I could sit next to a pretty girl and mostly it was where the music got all over my body and made me wanna jump."

Like King, some of the world's best jazz, soul and blues singers hail from churches. They might have been the natural places to learn to sing in the heavily spiritual American south, but it's the kind of singing going on there that mattered. And its power hasn't waned.

When I lived in London, I sang in a gospel choir half-filled with non-Christians. "It's still the most moving music for me," one of them told me.

The deep rhythms seize your chest and urge your body to move. The best singers make you feel their desperation, joy, pain.

Halfway through mass during a visit to New Orleans last fall, I watched a woman take the mic and felt like I could have been hearing Whitney Houston (who also started in gospel). While some gospel singers have been propelled to fame — think Aretha Franklin, Al Green and Sam Cooke — countless other incredible voices are content

to praise God on Sunday, and leave it at that.

"There's a humility in the music," as my old gospel choir director told me. I'd add that there's authenticity. No one is faking it. The love is profound.

Gospel stands in stark contrast to the whitewashed sound of many Western churches, the watered-down folk hymn stuff my old director dubbed "lowest-common denominator" music. It tries to tell you how to feel, while gospel's swelling, tidal harmonies are the true message.

He even mused that bland music is to blame for dwindling attendance at many congregations in Canada and the U.S., while tourists pack the pews in the best gospel churches.

B.B. King is gone. But the truth in his music — human suffering, human striving — is still in the blues, and it's still in gospel.

"There's blues for anything that bothers you," King has said. "I listen to gospel music and, believe it or not, I hear the same thing. The only difference is these people are praying to God or Jesus."

If we had a little more King in church, more people, of whatever beliefs, might come — if only for that feeling of being spiritually scrubbed on the inside until you're clean.

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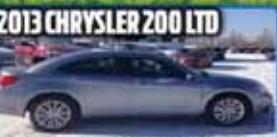
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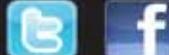
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# Who killed Amy? We all did, says director



PHOTO ILLUSTRATION/METRO; GETTY IMAGES

## CANNES FILM FESTIVAL

### Documentary a reflection of the toxic nature of celebrity

Amy Winehouse was many things: artist, icon, victim of celebrity. For London-born director Asif Kapadia, she was basically the girl next door.

Kapadia, who made award-winning documentary Senna about Formula 1 driver Ayrton Senna, lived and worked in some of the same north London neighbourhoods as Winehouse did. Like millions of others, he also watched with horrified fascination as the singer's struggles with love, drugs and alcohol were splattered across the media in the years before her death from

alcohol poisoning in 2011. "I very much felt, 'I can't believe this is happening down the road from where I live,'" said Kapadia, whose documentary about Winehouse, Amy, is playing at the Cannes Film Festival. "One of my reasons for wanting to do it was, I've finally found a subject to do about home."

"Senna was like from another planet, and Amy was from next door."

"She was so ordinary, so local, and so brilliant in the way she expressed that in her lyrics."

London was Winehouse's inspiration — for good and bad.

"I love the city," Kapadia said, sitting in a luxury hotel on the French Riviera. "I love the creativity. I love the fact you can look like what you want to look like, do what-

ever the hell you want, you can be amazing. But it's got a darkness to it, and her story sort of covers those ends of the spectrum."

Compiled from archive footage, home movies and more than 100 interviews with people who knew Winehouse, Amy is partly a tribute to a lost talent, partly a portrait



**She was so ordinary,  
so local, and so  
brilliant in the way she  
expressed that in her  
lyrics.**

Amy director Asif Kapadia

of a young woman coping with depression and doubt, and partly a reflection on the toxic nature of celebrity.

The film has been acclaimed in Cannes, where it

premiered in the late-night Midnight Screenings slot — the first time Kapadia had seen the movie with an audience.

"It was very emotional," Kapadia said. "A lot of tears. Nobody moved for the last hour."

There are some dissenters amid the praise. Winehouse's

Kapadia says he did not set out to blame anyone for Winehouse's death.

"I'm not pointing the finger, I'm just saying this is really complicated," he said. "But there are issues, and there are maybe things that could have been done differently."

"It's turning the mirror on everyone, saying, we're all slightly to blame, complicit, a part of this system — this circus — that it became."

He hopes members of the family will come to see the film the way he does — as a rounded portrait of Winehouse, and a tribute to her.

"I'm hoping with a bit of hindsight that there'll be a rethinking of it. Not to take things personally but to just say, look, people love her, that's the thing. It's about her and kind of rebalancing everyone's image of her."

The film gives ample time to Winehouse's music, from the jazz sounds on her first album, Frank, to the soul and hip-hop influences that infused her breakthrough record, Back to Black.

The single Rehab was her biggest hit, and also something of an albatross. Winehouse was constantly asked to perform the song about how "They tried to make me go to rehab — I said no, no, no."

Kapadia said that in retrospect the song sounds like "an incredible cry for help."

"The clue is always in her songs," he said. "Two songs: Stronger Than Me — 'I want someone who's stronger than me' — and Love is a Losing Game, sum her up. If she had those two elements, then maybe there would have been some peace."

THE ASSOCIATED PRESS

**MUSIC NOTE****Taye Diggs changes his groove for Hedwig**

Taye Diggs is about to get a little freaky onstage — as the next transsexual singer Hedwig.

Producers of the Tony-Winning show said Monday that the How Stella Got Her Groove Back star will take over the title role in Broadway's Hedwig and the Angry Inch starting July 22.

The show opened last season with Neil Patrick Harris starting off the Hedwigs — and winning a Tony Award. He was replaced by Andrew Rannells, Michael C. Hall, co-creator John Cameron Mitchell and currently Darren Criss.

THE ASSOCIATED PRESS



**Taye Diggs**  
GETTY IMAGES

# You Jealous of Nick Jonas yet?

**INTERVIEW****Singer juggles acting, tour and new sounds**

The 22-year-old Nick Jonas is riding high on the success of his hit singles Jealous and Chains, which have reached platinum status and dominated on radio.

He's also busy outside of music: He's filming the movie Goat, gearing up for Season 2 of DirecTV's Kingdom and will appear in the new Fox series Scream Queens.

And he's hitting the road with The Nick Jonas Live in Concert Tour that kicks off Sept. 6 in Hershey, Penn. Tickets go on sale Friday.

And Jonas will be in Toronto performing at the Much Music Video Awards on June 21.

He talked about his

busy schedule, being compared to Justin Timberlake and reuniting with the Jonas Brothers in a recent interview.

**You've drawn some comparisons to Justin Timberlake since he was also in a boy band and meshes R&B with pop sounds. What do you think of that?**

It's an incredible feeling. Justin has had an amazing career, amazing transition — as a musical artist, but also as an actor. And the acting has been a really big thing for me in the last year and a half with some projects I've become really passionate about ... So those comparisons are really flattering.

**Were you nervous when you decided to tackle a more R&B sound?**

I think anytime you try to push yourself and push your sound and evolve is a little

frightening. Just being bold and taking those steps. But I saw really quickly that the fans connected with it.

**Did you play your album for your brothers before you released it?**

I played the record for them about a month before it came out, wanted to kind of get their opinions on what they thought should be singles and overall what their vibe was on it. Their opinion meant a lot to me and they both were really supportive.

**Do you think you guys would reunite for a song or album?**

I think our time creatively together is done. Never say never, though. I can't predict what's going to happen one day or the next ... I would say for right now I'm happy to be doing my own thing. THE ASSOCIATED PRESS



**Nick Jonas has no plans to reunite with his brothers, but says, 'Never say never.'** GETTY IMAGES

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# Here a pec, there a cluck

## GOING TOPLESS

**Baring that chest could lead to the downfall of civilization**

## URBAN ETIQUETTE

**Ellen Vanstone**



It's perfectly legal to go topless in most public places. Question is, when and where is it appropriate to put God's gifts on display?

— Holly, Toronto

Dear Holly,  
Your excellent questions raises a great point about good manners, which is this: Just because it's legal to do something does not mean it's appropriate.

Belching or farting in public, or tooting your own giant gaseous horn (so to speak) using taxpayer dollars (I'm looking at you, Pierre Poilievre) — these activities are all perfectly legal. But is this the kind of behaviour we want to encourage in the public arena? No, it is not. Such activities are selfish, arguably unethical and just plain gross!

Not that anyone's body is

Dear Ellen,  
It's nearly summer, and with that comes warm weather. As temperatures inch up, every Tom, Dick, Harry and, yes, even a few Janes, seems somewhat compelled to strip off their shirt and bask in the man-made air conditioning of bare-chested bravado.



It may be legal to go topless, but that doesn't mean it's OK to flaunt your torso in public. iSTOCK

any of those things. We do not disapprove of breasts of any stripe. Pert, slack, male, female, waxed, hairy, young, old — each and every one of them (and sometimes there is only one, which is also fine) may be beautiful in its own way. I certainly didn't mind the repeated appearance in Date Night of Mark Wahlberg's bare torso.

But I digress.

The point of good manners is to make people around you feel comfortable, thereby creating social harmony that leads to open and honest communication toward the advancement of a peaceful civilization.

This is not jeopardized by a movie star flexing his perfect pecs in our face on a giant movie screen — because we have made a conscious choice to view him, and them.

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But having someone flaunt their sweaty, hot summer torso in your face when it's the last thing you expect to see or want to look at shows a lack of proper consideration for one's fellow citizens — i.e., the kind of behaviour that leads to the downfall of civilization.

So, unless you are nursing a newborn child, or you're on one of Canada's nude beaches, or your shirt has suddenly caught fire, please keep your torso covered in the city this summer.

Need advice? Email **Ellen** at [scene@metronews.ca](mailto:scene@metronews.ca)

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## RETAIL PHILANTHROPY

## National Geographic, Toms team up to help the Big Cats

National Geographic has teamed with shoes and accessories company TOMS to launch a collaborative collection to aid in big cats conservation efforts.

The partnership will see the two develop the Toms and National Geographic Big Cats Collection, a special-edition line of footwear, sunglasses and a backpack inspired by National Geographic's Big Cats Initiative, according to National Geographic.

The collection will be available this fall at Toms retail locations, select retailers and on Toms.com.

Through the tie-up, National Geographic aims to promote the plight of big cats — such as lions, leopards and tigers — in the wild, which are disappearing at an alarming rate.

"Our Big Cats Initiative is one

of the cornerstones of National Geographic's work in animal conservation and wildlife protection," said Krista Newberry, senior vice president of Licensing, North America, for National Geographic.

"We are pleased to partner with Toms to raise awareness of big cats and to

further our commitment to protecting these majestic creatures for generations to come."

Toms is the company behind the One for One initiative, a shoe range which aims to match every pair of shoes purchased with a pair of new shoes given to a child in need. AFP



Toms plans a fall collection in aid of big cats. GETTY IMAGES

## SPORTS CLOTHING

## French exhibit explores links between tennis and fashion

Well before Andre Agassi caused a stir with his stone-washed denim shorts at the French Open, the clay courts at Roland Garros were a sporting catwalk for fashion experimentation.

From the corset-less dress worn by "La Divine" Suzanne Lenglen and designed by French creator Jean Patou to the revealing black-and-red outfit that Venus Williams exhibited five years ago, the tennis stadium located in the chic western district of the French capital has always been a fashion hot spot.

"Players want to show their personality through their clothes," former player Tatiana Golovin told The Associated Press at the launch of an exhibition recounting the links between fashion and tennis at the Roland Garros museum.

The exhibit, called Game, Set

and Fashion, has more than 60 pieces of women's and men's clothing on display, some that have never been shown before, as well as pictures, posters and a focus on the fashion designers who made tennis fashion.

There are dresses and shorts — some dating back to 1890 — a lavish male tennis coat, autographed outfits by the likes of

Steffi Graf and Williams, and a collection of tennis shoes.

The 27-year-old Golovin is a fan of the tennis fashion from the 1960s, a period when British designer Ted Tinling created dresses with innovative shapes, frills and furbelows.

"The tennis fashion in the '60s was really audacious," Golovin said. THE ASSOCIATED PRESS



Tennis dresses designed by Ted Tinling displayed at the exhibit Game, Set, and Fashion. CHRISTOPHE ENA/THE ASSOCIATED PRESS



Children who spend time in multilingual environments are more skilled at looking at other people's perspectives and have more tools for effective communication. iSTOCK

# Kids benefit from multiple languages

## RESEARCH

### Multilingual environment fosters better social skills

Children who hear more than one language spoken at home could be better communicators than those raised in monolingual homes, according to a new study from the University of Chicago.

Springboarding on the idea that effective communication requires the ability to see the perspectives of others, the researchers concluded that children raised in multilingual

environments could be better at interpreting the meaning behind the words.

In a surprising twist, the children don't have to actually speak more than one language, just hearing a second language is a building block for social communication, according to the study.

"Children in multilingual environments have extensive social practice in monitoring who speaks what to whom, and observing the social patterns and allegiances that are formed based on language usage," says Katherine Kinzler, associate professor of psychology and an expert on language and social development.

While a bevy of research

exists hailing the cognitive benefits of being bilingual, this study, published in the journal Psychological Science, is the first to suggest that exposure to multiple languages has social benefits.

"These early socio-linguistic experiences could hone children's skills at taking other people's perspectives and provide them tools for effective communication," says Kinzler. "A lot of communication is about perspective-taking, which is what our study measures."

The researchers worked with a total of 72 four-to-six-year old children who came from one of three different language backgrounds.

AFP



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## HEALTH NOTES

### Rat droppings, human urine found in fake makeup

The City of London police have issued a warning about the health risks posed by counterfeit makeup.

Police said Monday that imitations of brand-name makeup are often produced in unsanitary conditions. They said rat droppings and poison have been found in fake cosmetics and laboratory tests have uncovered poisonous chemicals — including cyanide and human urine — in counterfeit perfume.

City of London police said more than 5,500 websites selling fake luxury items have been suspended and more than £3.5 million (\$5.5 million) in bogus items seized.

THE ASSOCIATED PRESS

puberty, according to a new study.

"Current salt-loading in Western populations has the potential to drastically affect reproductive health, and warrants further attention," says lead author Dori Pitlynski of the University of Wyoming in the U.S.

Late puberty can lead to behavioural problems, increased stress and reduced fertility, according to the study.

But according to a recent study, reducing salt intake to meet guidelines from the World Health Organization (WHO) could be nearly impossible. The WHO recommends consuming less than 2,000 milligrams of salt per day, an amount roughly equal to less than a teaspoon.

AFP

## CAREER

### OFFICE RELATIONS

**Eleni Deacon**

Even if your new boss is a managerial all-star, it can take time to get used to their style. While changes in workplace hierarchy are inevitable and often energizing, they can also overthrow your comfortable routine.

When a new leader joins your company, it doesn't just mean a new nameplate on the corner-office door — it can also mean a new workflow and perhaps an entirely new vibe. Here's how to adjust to an unfamiliar superior.

First, don't fear different. Your current leader may not do things the same way as their predecessor, but that doesn't mean they're doing things badly.

No employee likes being com-

pared to the person who previously held their role — and the same goes for your boss.

Avoid eye-rolls or anger when she requests new methods for completing your work.

Instead, be open to an alternate approach.

You may not end up sticking with her suggestion — but a positive attitude will smooth the road to compromise.

If possible, sit down with your new superior and discuss their expectations: what they want, how they want it delivered, and how they would like to communicate. Having a clear sense of your boss's style

and preferences will help ease their transition from unknown entity to trusted authority.

But you should also check your own expectations.

Although your boss may act like they know what's going on —

that's their job, after all — they are on an unavoidable learning curve.

If they're new to your organization, they've got a lot to absorb. And if this is the first time they're managing other people, they're probably nervous.

Don't fume if things don't feel settled right away.

Chances are, in a couple months — or even weeks — your relationship will find its equilibrium.

However, if your rapport feels tense from the start, uproot the weird mood.

Either make an independent decision to act more cheerful, or address the workplace strain head on.

Explain that you're concerned you got off on the wrong foot, and emphasize your desire for a strong professional understanding between the two of you.

By making your good intentions clear, you can derail any first-impression mistakes.

Flexibility is a workplace skill. A new supervisor may bring a brief period of stress — but it's also a chance for a new, potentially rewarding start in your job.

To build a strong base with your boss, adapt before you react.

## Embrace a change of command at work



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Adam Gaynor, former guitarist for the band Matchbox Twenty, is looking for love on *Millionaire Matchmaker* hosted by Patti Stanger. The show is in its sixth season. COURTESY

# Reality television 'is not going away'

MILLIONAIRE

**Producer Rob Lee on the future of reality TV**

**Ned Ehrbar**  
Metro | Hollywood

not going away. The economics alone, plus the fact that there is a great demand for it across demographics, makes it a staple of our television viewing spectrum," Lee cautions. "It ain't going away, but it's going to morph in a lot of different ways. And at the end of the day, it's most prolific in the places that can finance it most effectively and simply, but that model is fluid and changing all the time."

**The future is in mobile:**

"Anybody who's starting off in reality TV has to focus on mobile," Lee says. "That's the touchstone to everything because the younger generation still is weaned on and used to watching so much if not all of their programming on their smartphone device. Everything's going to collapse into one another in terms of the digital spectrum anyway in how we're going to be viewing television."

**What makes a great reality star:**

Producer Rob Lee has spearheaded more than 500 hours of scripted and unscripted programming over the course of his career, including standouts like *Millionaire Matchmaker*, *America's Best Dance Crew*, *Euros of Hollywood* and *Blowout*, so he knows a thing or two about what makes for successful reality TV.

**Reality TV is here to stay:**

"Despite the rise of scripted drama in particular, reality and unscripted television is

"It's that unpredictable, big, somewhat crazy personality, but mixed with brilliance and great professionalism and talent," Lee explains. "Years ago, Bravo wanted to do something with an interior designer. He was immensely talented and successful, but he was just kind of a straightforward guy, not that exciting to talk to and was really protective of all his clients, and I left the interview saying, 'I'd have him — if I could ever afford him — design my house, but he's not a TV star.' He wasn't what it took. (*Millionaire Matchmaker* star) Patti Stanger is a very outspoken, volatile, extreme personality, but she is smart as hell, the ultimate truth-teller and she really is a matchmaker and she knows her stuff. Sure, the smart reality TV person knows how to turn the craziness up or down, but if it's still not who they are authentically, the audience smells it and they will not accept it."

FILM FESTIVALS

# Youthful Sundance crowd stayed with friends over hotels

A new University of Utah study shows attendees at the Sundance Film Festival are getting younger and eschewing hotels to stay at friends' homes.

The study released this week found the star-studded Park City-based event brought \$83.4 million worth of economic impact to Utah this year. That's down from about \$86.4 million the year before, even though attendance was up.

The Robert Redford-led festival attracted about 46,000

people this year, compared to about 45,000 last year, according to the study from the university's business school.

But those attendees spent less money on hotels. The average Sundance attendee paid \$121 a day to stay in Utah, which is about \$20 a day less than last year's average. The lodging drop ac-

counts for most of the dip in spending, researchers said in the study released Thursday. More visitors reported staying with family and friends or going outside the event's pricey epicentre in the Park City and Deer Valley area.

A larger portion of attendees were also Utah residents.

**\$83.5m**

**Amount of money the Sundance Festival brought in this year in economic benefits.**

THE ASSOCIATED PRESS

# How to avoid buyer's remorse

## BUYING STUFF

**Separate your wants from needs to save yourself grief**

## MONEY MATTERS

Gail Vaz-Oxlade  
gailvazoxlade.com

Lots of people shop emotionally instead of with their heads, buying stuff they don't need because they've had a bad day, had a great day, or been with someone who is very convincing — be it a salesman, a best friend, or a wife/husband with an itch to acquire.

Have you ever bought something you just couldn't live without and afterwards found yourself scratching your head and wondering, 'What the hell was I thinking?' If so, you've experienced buyer's remorse. And if you find yourself shopping and taking back, shopping and taking back, you've got a chronic case of buyer's remorse.

In a case of "buyer's remorse," you buy but then you continue to think about what you bought and end up regretting the purchase because you know you shouldn't have, you didn't have the money really, you were supposed to use that money for something else, your partner is going to flip, you're sure now it wasn't the best deal going ... I could go on. At the centre of your dilemma is the fact that your thoughts and your actions don't match.

Another reason people may feel regret when they finally plunk down money is something psychologists call "maximizing." That's when you compare all the possible options,



A shopping spree shouldn't leave you weeping. iSTOCK

which takes hard work, so you end up irritated and unsatisfied by the very experience of having to sift through all the choices to come up with the best buying decision. While maximizing would seem to equate to "smarter shopping," it leaves people less satisfied than choosing what they want and buying the first thing

that meets their needs.

It doesn't help satisfaction levels any that it's way too easy to re-evaluate anything purchased with 20/20 hindsight. It's interesting that we don't do it for our experience purchases. That may be why we get so much more joy when we buy experiences than when we buy stuff.

And then, of course, there's the frustration of buying something brand-spanking new only to watch it become obsolete 90 seconds later when the newer, improved version comes out. It is almost as if companies are banking on your disappointment to motivate you to spend some more money. And don't even get me started on things that fall in price right after you've bought them.

This is one of the regrets that's helped me to apply my shopping strategies: I don't buy right away (I'm not an early adopter), I set a minimum standard for what I need, and I never look back. I am content to know that what I have given myself is what I wanted, and I don't second-guess myself.

## \$ SHOPPING STRATEGIES

**Here's what you should do to avoid that wish-I-could-take-it-back feeling**

1. Make a list and never buy anything that's not on your list. If you see something you really want, add it to the list.
  2. Once you've added it to your list, go home and sleep on it. If you want it tomorrow, go to step three.
  3. Do some research before you buy. Make sure you know how much the item you're buying is really worth.
  4. Get a second opinion.
- Take your sister, your best friend, or your dad with you, and ask if they think it's worth the price.
5. If there's any financing involved, figure out what the item will end up costing once you've paid the financing charge.
  6. Ask yourself, 'Do I need it, or do I just want it?' Take care of your needs first.
  7. Ask yourself, 'What else could I do with the money I'm spending on this item?' Put your money where it will do you the most good.

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## HOT 100 LIST

## Maxim endorses Swift's hotness

It's a good week to be Taylor Swift. Eight Billboard Music Awards, high praise for her star-studded new video, Bad Blood, fans cooing over photos of her being cuddly with adorable Scottish DJ boyfriend Calvin Harris.

And now? She's been placed at the very tippy-top of Maxim magazine's annual Hot 100 list, an honour previously held by the likes of Miley Cyrus, Bar Refaeli and Olivia Wilde.

"It's really nice and such an incredible compliment," Swift says of the title.

"This year has been my favourite year of my life so far. I got to make an album exactly the way I wanted to make it. I got to put it out exactly the way that I dreamed of putting it out. Every



Taylor Swift

one of these kinds of whims and ideas came to fruition. The videos — I'm proud of those, I'm proud of the tour, I'm proud of the way this has all happened."

NED EHRBAR/FOR METRO

## ROYAL FAMILY

## Don't call Harry Bridget Jones



Prince Harry

Whatever you say. Here, have some ice cream.

NED EHRBAR/FOR METRO

## NICHOLAS BRENDON

## Ex-Buffy star arrested

I know you're not going to believe this, but former Buffy the Vampire Slayer star Nicholas Brendon was arrested. For public intoxication. I know! This time Brendon was nabbed in

Myrtle Beach, S.C., according to E! News.

It's like he's trying to collect a mug shot from each state in the union.

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Rise 'n Shine Education

# Colin Farrell happy to play single, be single



Colin Farrell with co-stars Lea Seydoux and Jessica Barden laugh as they arrive for the screening of The Lobster at Cannes

ALL PHOTOS: GETTY IMAGES

In his new sci-fi movie The Lobster, Colin Farrell plays a single man desperate to get into a committed relationship or risk being transformed into an animal. In real life, though, he's unattached — and in no rush to change his status.

"In my life I've had relationships with women that weren't in the public eye that have been pulled into the public eye as a result of the nonsense of celebrity and being close to me, and I hate that and I hated that for them," he said in an interview last week.

"And so that would be just

another thing that would lead into my reticence to being in a relationship."

Farrell is in Cannes to promote The Lobster, a film about single people who are forced to stay in a hotel until they find a mate. They have 45 days to find a partner or face being transformed into an animal and being released into the woods.

The 38-year-old actor said being in a relationship isn't all it's cracked up to be.

"I have one friend who just broke up and he's been in a relationship for six years, and

before that he was married for 15 years, and our other shared friends who are in relationships are doggedly pursuing him — 'I have this person you have to meet,'" he said.

"But I'm just like, 'Just let him (rest).' And part of me goes, 'Is that misery loves company?'"

Despite being in dozens of films over the past two decades, Farrell told a press conference on Friday that he had never been to Cannes before — and he didn't exactly make the most of his inaugural visit.

"I wouldn't mind being here

a little bit longer," he said.

Farrell shot the movie, in which he stars with Rachel Weisz, in his native Ireland — a bonus for him.

"Everything about this experience was really, really particular for me," said the actor. "The writing, the cast and the experience in the location we were shooting in."

"It's one of the most beautiful parts of the world," he added.

The Lobster is competing for the Palme D'or at the festival, which ends May 24.

THE ASSOCIATED PRESS

## GOSSIP NOTES JAY Z'S DIATRIBE; REBEL WILSON'S HUMBLE BEGINNINGS

## Jay Z targets YouTube, Spotify, police brutality

Jay Z didn't pull any punches during a blistering freestyle session at his recent B-Sides concert, a career retrospective streamed online to Tidal subscribers.

He took aim at a host of targets, including YouTube, Spotify and critics of Tidal, as well as police brutality and the recent Baltimore riots:

"(They) pay you a tenth of what you supposed to

get.... You know when I work I ain't your slave, right? You know I ain't shucking and jiving and high-fiving, and you know this ain't back in the day, right?"

So there.

NED EHRBAR/FOR METRO

## Source claims Wilson wasn't always a Rebel

Pitch Perfect 2 star **Rebel Wilson** has been on quite the road to fame from her humble beginnings in Sydney, Australia.

But if a former classmate is to be believed, Wilson has maybe been on that road a bit longer than she's letting on. An anonymous source — and probably a member of their high school reunion committee — tells Woman's Day that 29-year-old Wilson used to go

by a different name — and a different age. "I studied with Rebel at Tara Anglican School for Girls in North Parramatta, Sydney," the classmate says. "But no one knew of a Rebel Wilson. Her name is — or was — Melanie Elizabeth Bownds, and she's 36." Ouch. Wilson has previously confirmed that at school she went by her middle names, but what about the age discrepancy?

NED EHRBAR/FOR METRO

# LEARNING CURVE

## Stay busy with work and volunteering

There's only so much laying around, soaking up sun that one can do, right? Well, while that statement may be up for debate, the idea of putting those summer days to a more scheduled use is appealing for many students.

Whether students choose to spend their summer volunteering or entering the workforce, there are positive experiences to be had both ways.

### Working

Some work by choice; others work by necessity. Some look to save up funds to be used during the school year for tuition and board, while others are taking a page out of Foreigner's book — simply working for the weekend.

**The Pay:** Let's face it, we can all toe the party line about working for satisfaction, but that paycheque certainly helps get us through the ol' 9-5 (or, for students, often the 5-9).

**The People:** As a teen, you generally have two groups of friends — those from school and those from work. Sometimes the two combine; often work relationships allow you an opportunity to meet new people and experience new things.

**The Experience:** Speaking of experience, working during the summer can help you long-term. If you can find a job in your eventual desired career path, those early years can help you get a head start on success. And even if your current job has nothing to do with you aspirations, the lessons you can learn about responsibility, teamwork, and task completion can stick with you for years.

### Volunteering

Some students volunteer because of a passion; others volunteer due to graduation obligations (and some combine both). But there are plenty of advantages to volunteerism.

**The Community:** Getting involved with



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volunteer community is a great way to network with people who may be beneficial to your future. Many corporate citizens, politicians, and others spend time volunteering and it's a good way to ingratiate yourself with them.

**The Common Good:** Finding a cause in which you're passionate and making a real difference can be one of the most reward-

ing experiences of your life. You can also discover new interests you may never know you have and lead yourself down a path to making the world a better place.

**And, Yes, The Experience:** Again, not only does volunteering look good on a resume, you may also get to do things and take on roles that otherwise would not be available to you.



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## Get on your way to a new career

When it comes to applying for jobs, one great way to avoid competition is to graduate before them.

Because Academy of Learning Career College offers continuous intakes, anytime is a great time to get started towards your career goals.

"The sooner you begin school — the sooner you can start your new career as a college graduate in one of our specialty programs in business, health care,

community service, addictions, legal, tourism, and more," says Charles Jarvis, general manager, Academy of Learning.

"Get a head start on your new career with skills training program as little as five months and up to a maximum of 12 months."

Most organizations cannot wait until the end of the traditional school year for a fresh crop of graduates who are ready to join the workforce.

By enrolling in a program this spring, students are more likely complete their programs while students at other colleges or training institutions are still only half way through theirs — giving the Academy of Learning students a leg up on the competition.

For more information about Academy of Learning and the programs available this spring, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

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# Discover dramatic arts at Lethbridge

This summer, University of Lethbridge graduate Benjamin Toner will be taking centre stage — well, his work will be, at least.

Originally enrolled at the University of Lethbridge with the goal of becoming a teacher, Toner switched to a bachelor of fine arts — dramatic arts (technical/design), he is now the head of wardrobe for the Grandstand Show with the Calgary Stampede.

"I wouldn't be where I am today had I not had the experiences that I did within the University of Lethbridge walls," says Toner.

"I had some incredible opportunities and got to work alongside some of the most dedicated, welcoming professors who started my professional career."

Thinking there were no viable career options available for him in theatre, Toner says he had no intentions on pursuing the dramatic arts as an education.

"I grew up in theatre and in productions, but kind of hung up my hat, so to speak, when I moved to Lethbridge," says

Toner. But it was his passion for the theatre that drew him back when he discovered the dramatic arts (technical/design) program at the University of Lethbridge.

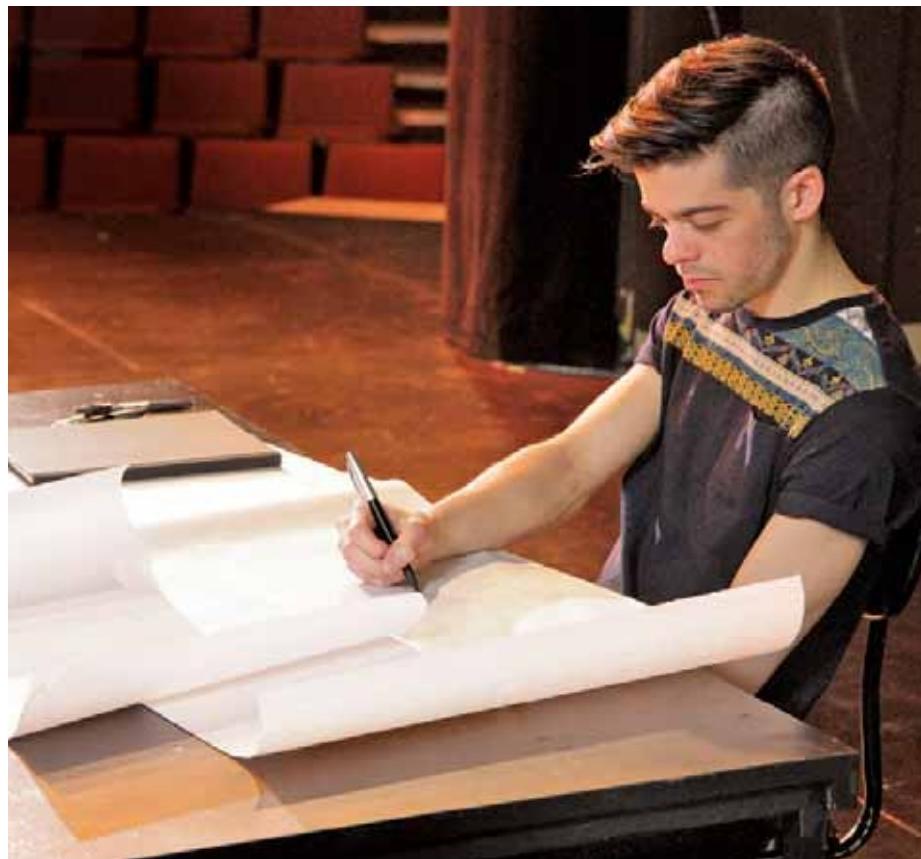
This program introduces students to all areas of theatre production and design, including costumes, makeup, scenery, properties, lighting, sound and stage management.

Toner is now excited to be showcasing his talents at The Greatest Outdoor Show on Earth this summer and credits his education at the University of Lethbridge with his recent career success.

"My University of Lethbridge training was incredibly thorough, so I felt like I was able to go to another institute with an existing stronghold and with my feet firmly planted," says Toner.

"It is the same reason I felt confident in taking this position with the Calgary Stampede."

For more information about this program, visit [discover.uleth.ca](http://discover.uleth.ca).



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# Achieve your aesthetics dream career at NIWE

With the dreams of opening her own spa one day, National Institute of Wellness and Aesthetics (NIWE) student Afshan Aziz is well on her way to achieving this dream through the clinical aesthetics course.

Before Aziz came to Canada, she already had training as an aesthetician, so pursuing this career path further was a natural choice.

After researching a few schools that offered aesthetics course, she decided on NIWE.

"I choose NIWE because they have the best program with small class size," says Aziz.

"They are easy to talk to, and if communication is easy, learning is much better."

For Aziz, the quality of the instructors has helped her to further succeed in her choice of study.

"The instructor is very knowledgeable," says Aziz.

"She focuses on individual strengths and weaknesses while teaching and will

answer our questions again and again until we get the concepts."

Aziz says she is very happy with her choice to attend NIWE because the course has allowed her to continue working as beauty expert at Shopper's Drug Mart, as well as get her education.

Along with the clinical aesthetics course, NIWE also offers courses in hairstyling, nails, makeup, lashes and massage therapy.

For more information about NIWE, visit [niwe.ca](http://niwe.ca).

# Succeed in the community with ESL

The English as a second language program (ESL) at Columbia College offers the opportunity to immigrants and Canadian citizens to improve the English language skills required to live, work and succeed in the community.

"Lack of required English skills to establish a career in their new country presents a significant challenge to many immigrants," says Fariba Mohammadi, English language training (ELT) coordinator, Columbia College.

"They bring extensive knowledge and educational background from their home countries but are challenged by lack of English proficiency to meet the requirements of the job they are looking for."

Students who study in this program will develop their oral and written communication skills to be able to enter skills training programs for particular occupations or other training programs at the post-secondary levels and work force.

Students in the ESL program learn to expand their vocabulary, develop listening, speaking, reading, and writing skills and work on speech clarity and correct



CONTRIBUTED

English grammar.

They have many opportunities to practice these skills through a variety of activities and tasks in class, such as presentations, workshops, and computer lab sessions.

The ESL program receives funding from Alberta Human Services and grant funding may be available for eligible students.

For more information, call 403-235-9300, or visit [columbia.ab.ca](http://columbia.ab.ca).



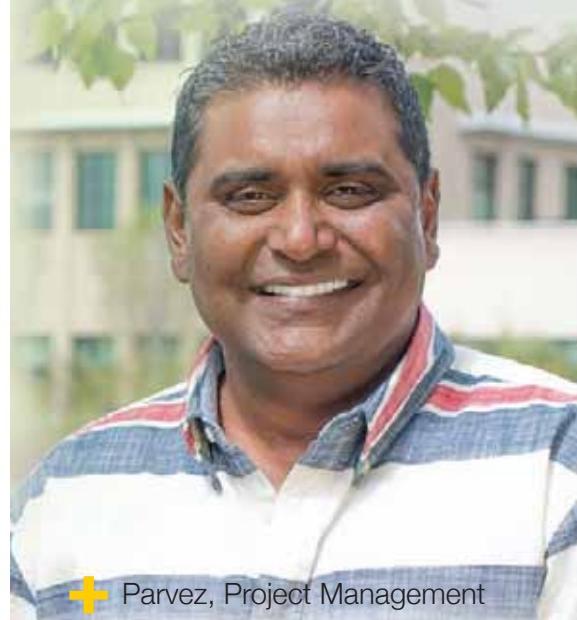
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# Have a bright future as a health-care aid

For ABES (Alberta Business and Educational Services) graduate Reena Balaram, the health-care aide program was exactly what she needed to find confidence in herself to pursue a career she was passionate about.

"ABES gave me the chance and opportunity to make my future bright and make my dream come true," says Balaram.

"Thanks to ABES I am now in the field which I can enjoy and earn at the same time."

ABES was the first school in Canada that Balaram had attended and she says she was really impressed by the quality of instructors and how they instilled confidence into the students.

"The teachers were all very helpful and they all shared their experiences with us which will be a helpful tool for us when we get jobs as HCAs," says Balaram.

Like Balaram, graduates of this program can become fully qualified to work in a hospital, nursing home, group home, care facility in just 21 weeks.

"A health care aide is an all-encom-

passing assistant for patients and other care workers," says Julie Wright, campus coordinator, ABES.

"As a health care aide, you will make a difference in patients' lives as you get to know them personally and help them with their needs."

ABES works directly with local employers to better understand all of their requirements for employees.

Through the program, students will earn The Government of Alberta health care aide certificate to qualify as a Calgary health care aide.

Students of this program will also earn a number of other certificates and gain valuable training in several other essential and relevant areas.

"These comprehensive certifications will ensure that you have the qualifications you need to work at any location you prefer," says Wright.

"We also offer additional certifications to meet employers' specific requirements."

Students of this program will complete at least three clinical rotations through-



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out the program, as to assist students in gaining the hands-on experience needed to enter the workforce.

ABES offers 13 HCA intakes per year and offers evenings and weekends pro-

grams as well.

This program also offers a bridge to an LPN training program if students would like to continue their education. For more information, visit abes.ca.

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# ABM College: Get the skills and employment

Most people go back to school with one main goal — to get a job.

When it comes to professional development, heading back to school to learn new skills can lead one to furthering themselves in their current career, or setting them onto a whole new career path.

At ABM College, students will not only learn the skills they need to advance their careers, but ABM's Career Services department can help students

find employment after they have completed their education.

"It's important to offer these services to our students because we want to ensure that they get the most out of their studies at ABM College, and are prepared to go out into the job market and pursue enriching careers in their respective fields of study," says Lisa Than, executive/marketing assistant, ABM College.

The Career Services department has

experienced advisors that offers students every thing that's needed when it comes to finding employment — whether it be resume and/or cover letter writing, job search processes, interviewing skills, and a job postings board.

Not only does ABM help current students, but they are actively in touch with alumni on a daily basis and offer these services to them as well.

For more information, visit [abmcollege.com](http://abmcollege.com).

## Get a head start on the summer program

Be ahead of the class this September by enrolling in the Foothills School Division's summer school program.

Designed for students grade 10 to 12 (up to the age of 20), this program is a chance for students to expand their education over the summer months.

"Taking a course in summer school has proven to be a great way for students to advance their learning and proactively plan for courses that they would like to take in their high school career," says Sarah Clark, principal of divisional programming, Foothills School Division.

"It also offers a second chance to students needing more time with the material in a course they have previously taken."

This program offers a wide range of high school courses including career and life management (CALM 20), science, math, social studies, English, and English as a second language (grades 7 to 12).

The foundation of the courses offered are based online.



Foothills Composite High School student Morgan Grover. CONTRIBUTED

The online learning is blended with in class instruction that is teacher-led and the afternoons are dedicated to a 'tutorial time' where students can come to a drop in with their teacher.

Summer school takes place Monday to Friday starting July 2 to 31.

The deadline to register is June 25.

For more information, visit [summerschool.fsd38.ab.ca](http://summerschool.fsd38.ab.ca).



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# Mount Royal teacher honoured with award

Teaching at Mount Royal University supports Joanne Leskow's life purposes — to teach and inspire.

Her students were so inspired that they nominated her for the Distinguished Teaching Award — which she won.

"This award is such tremendous affirmation that I am indeed, having a positive impact in the lives of diverse learners," says Leskow, director, Culture, Change and Leadership and instructor of the leadership development and organizational change management programs, Faculty of Continuing Education and Extension at MRU.

"I feel very proud to be in the esteemed company of excellent instructors and wonderful programming staff dedicated to student and MRU success."

Leskow was invited to teach at MRU after being recognized as a subject matter expert with significant entrepreneurial and enterprise success.

She also brought extensive speaking and presenting experience to the table, facilitating a smooth transition to the MRU classroom.

She says her teaching style recognizes and celebrates that students bring tremendous wisdom and experience to the classroom and subject and it is important and valuable to draw out their experiences for the benefit of all learners.

For Leskow, one of the best parts of her job is interacting with students to increase their understanding of and competencies in leadership, change and corporate culture.

"It is such a thrill to provide an engaging learning environment for diverse learners and to see their 'a-ha' moments," says Leskow.

"I am impressed with the high calibre of learners in the programs, many of whom inspire me to continue sharing my expertise and the material in my unique way."

In addition to teaching, Leskow provides keynote speeches and consulting services in the areas of corporate culture, leadership development and change leadership.

For more information about the leadership development and organizational change management programs, visit [contd.mtroyal.ca/leadership](http://contd.mtroyal.ca/leadership)



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# Develop your teaching philosophy

The two-year bachelor of education (After Degree) program offered at Ambrose University is a two year after degree program that prepares teachers to teach in elementary schools and has seen great success since the inception of the program.

"Currently, the program is slightly oversubscribed," says Bernie Potvin, associate professor and director, Education.

"The pressure on this upcoming enrollment has not let up—we have decided to open a second cohort in order to admit students whose qualifications meet our high standards for admission."

This program is uniquely designed for pre-service professionals to develop a clear and deeply personal philosophy of education, one that is sensitive to diversity in culture and the wide range of learning needs in today's classrooms.

The program prepares them to build positive relationships with children and parents, with future colleagues, and with all who hold in high regard the welfare of children.

"Education faculty members at Ambrose



SERGEI BELSKI/FOR AMBROSE UNIVERSITY

University have designed a B.Ed. (Elementary) degree to achieve what every beginning teacher desires: a thorough understanding of children and how they learn," says Potvin.

"The aim for graduates has been to demonstrate complete competence in designing and facilitating learning experiences for all children in public school classrooms."

Graduates will be certified to teach in Alberta and will be eligible to teach in other provinces and internationally.

For more information, visit [ambrose.edu](http://ambrose.edu).

# CREATING AN INSPIRING FUTURE AS A PARALEGAL

Heading back to school was a difficult but obvious decision for Paralegal graduate Tyra S. As a single mother working two jobs, she barely had any time to spend with her daughter.

"There was no kind of job security there and no long-term benefits," said Tyra. "I wanted to prove something to her, that school is a good thing. I wanted to be a role model, or more of one."

Inspired by the success of one of her good friends, who had recently graduated from Reeves College, Tyra decided to enroll in the Paralegal program so that she could better support her family.

During her practicum placement, she worked alongside a Review and Assessment Officer where she had to meticulously document and ensure all files were correctly organized and that paperwork was completed and submitted punctually and accurately. Her hard work and dedication soon paid off when she was hired by the firm she completed her practicum placement at.

According to the Government of Canada, the "unemployment rate is relatively low in this field."

With the job outlook projected to continually increase over the next few years,



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those passionate about pursuing a career in the legal industry should take advantage of this growth.

For more information on Reeves College's Paralegal program, call 1-800-533-1457 or visit [study.reevescollege.ca](http://study.reevescollege.ca).

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# New diploma programs come to Robertson

In an everyday changing economy, employers are looking for graduates that are career ready.

In order to keep up with the constantly evolving needs of employers Robertson College is excited to offer four new diploma programs at the Calgary Campus that have been approved by the Private Vocational Training Branch of Alberta.

These new programs include business administration, logistics supply chain management, computer support technician, and network security technician.

"Business and technology graduates are always in high demand," says Dean Olsen, campus director, Robertson College Calgary.

"New business grads will bring fresh ideas to the table, with eagerness to learn and to prove themselves in their chosen career field and technology grads will have current and up to date working knowledge of software and systems."

Robertson College graduates are trained with the latest software, understand latest policy and procedures in their chosen field, and are ready to take on any new challenges.

In a market that is unstable, employers look to their team to ensure efficiencies and quality of production.

"Robertson College researches each individual program with help from local employers to ensure we're training the students in current up to date information," says Olsen.

The new 43-week diploma in business administration will educate students in a variety of skill sets, such as marketing, economics, accounting, and human resources.

The new 45-week logistics and supply chain management diploma will train students to help employers improve efficiencies and their bottom lines.

The computer support technician is a new 43-week diploma program that will train students in the fundamentals of PCs and basic tech support.

And finally, the new network security technician is 44-week diploma program will train students in different areas affiliated to networking, from everything from system analysis to network security.

The Calgary campus has a vast array of program offerings in the medical, business, and technology fields to help fulfill the needs of the current job market.

Spring and summer classes begin soon, and is an ideal time to get started so they could be ready to start their career by March or April of next year.

For more information, visit [robertsoncollege.com/campuses/calgary](http://robertsoncollege.com/campuses/calgary).

# Program helps better understand addiction

Addiction is an important point of discussion, and one that is often overlooked or simply discussed as a concurrent disorder.

The addiction studies extension certificate — online program, offered through the Faculty of Continuing Education and Extension at Mount Royal University will give learners a unique opportunity to better understand addiction.

"The concept of addiction is often surrounded with misunderstanding, stigma, preconceived notions, and biases," says Naomi Parker, contract instructor with MRU for the addiction studies extension certificate.

"In the addiction studies certificate, we use research and best practices to share and build an understanding of what addiction is."

The program will discuss treatment approaches and matching with different populations, as well as build an understanding of what puts some people at risk versus others.

This program has been designed for professionals , such as AMH workers, nurses, counsellors, and HR professionals, as well as students, individuals interested in learning more about addiction.

"I think one of the greatest strengths of this program is its ability to mobilize knowledge," says Parker.

"Regardless of the student's motivation for taking the program - be it personal or professional development - this program ends with a call to action."

Parker says delivering the program online breaks down barriers for a number of participants.

"The online format contributes to the variety and range of students who attend from all across Canada and internationally - ultimately contributing to a diverse and lively classroom environment," says Parker.



CONTRIBUTED

"Participants have come from as far away as Nigeria, Burma and the Caribbean."

This online program is very flexible and the six required courses can be completed as quickly as two semesters or up to a maximum of three years, and may be taken in any order.

Upon successful completion of the program, students are awarded an addictions

studies extension certificate from Mount Royal.

For more information about this program, visit [conted.mtroyal.ca/addictions](http://conted.mtroyal.ca/addictions).



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# Development, support of Aboriginal workforce

In response to the need for a business solution to address Alberta's growth and skilled workforce shortages, the Alberta Aboriginal Construction Career Centre (AACCC) was created — knowing the Aboriginal population is an untapped workforce, which can be part of the solution.

Located in the West Campus of Bow Valley College, the AACCC is a service centre that is designed to assist Aboriginal people navigate a career in construction.

"Through the support and development of this under-utilized workforce we can create positive impact on our families, communities, society and our province in general," says Laura Koronko, AACCC career coach.

The two-year pilot program, sponsored by the Alberta Government, and co-sponsored by Bow Valley College and NorQuest College, will help more than 300 Aboriginal people to train for careers in the construction industry.

Over the two-year duration, the program's goal is to provide construction-related job placements for up to 300 of its participants.



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The centre's career coaches work closely with clients to help develop career plan to enter or enhance their employment in the construction industry.

This may be through identifying the need to attain additional education to enter a trades or pre-employment program, to being directly connected with potential employers for interviews.

For more information about this centre at Bow Valley College, visit [bowvalleycollege.ca/get-working/aacc.html](http://bowvalleycollege.ca/get-working/aacc.html).

# LIFE-WORK BALANCE AT ECAMPUSALBERTA

John Paul Yoos is a strong believer in a life-work balance, and for him eCampusAlberta falls perfectly into that picture.

Yoos is a graduate of the bachelor of applied human services administration offered through MacEwan University and eCampusAlberta, which he achieved while working full-time.

"Online learning falls into a philosophy or way of life," said Yoos.

"The flexibility and convenience of online learning allowed me a good balance between family and personal time and work productivity."

Yoos decided to pursue the applied degree to align his education with his desired career path.

Now Yoos works for the Alberta's Persons with Developmental Disabilities Central Region (PDD) program — Human Services Ministry in Red Deer, Alberta at Michener Services.

For Yoos, it was the flexibility of online learning that has led him to his current career success.

"Online learning made use of resources and technologies I use every day in my work," says Yoos.

"It also eliminated travel and other ex-



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penses that my organization may have had to cover."

eCampusAlberta provides learners with recognized courses and programs from 26 publicly funded Alberta post-secondary institutions.

Learners have access to more than 900 online courses and more than 70 online programs.

For more information about eCampusAlberta, visit [ecampusalberta.ca](http://ecampusalberta.ca).



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# Keep the brain active over the summer

## *Education can be integrated into fun activities*

Many students would love nothing more than to take the summer off, shut down their brain, and put a pause on learning. Unfortunately, a summer of slacking doesn't just leave your brain idling in neutral — it can actually send it in reverse.

Research quoted by the Reading is Fundamental Program in the United States suggests that students can lose approximately 2.6 months' worth of grade-level equivalency in mathematical computation skills over the summer months. There are varying degrees of impact on reading, as well, based on age.

And the issue is exacerbated at lower income levels.

### **SO WHAT'S THE SOLUTION?**

Summer school isn't always an option. For the most part, in North America, we treat summer school as an opportunity to catch up to grade levels or to repeat classes. And kids do need time to be a kid — a summer full of reading, writing, and arithmetic won't exactly endear most children to the idea of lifelong learning.

Here are some quick-and-easy options that may help put a little bit of fun back into learning the fundamentals.

### **SNEAK IN EDUCATION WHEN YOU'RE ON VACATION**

There are plenty of opportunities to help your kids learn without them even realizing it. Most cities have museums and galleries that cater to kids; some cities have science centres, observatories, and pioneer villages. Children get immersed in the experience and the education happens almost by osmosis.

### **MAKE MATH MATTER**

You don't have to force math into your life — it exists all around us. Use highway distance markers to encourage your kids to figure out how far you've travelled; ask your kids to help you bake and let them do the measurements; or play board games together that require some element of addition or subtraction. There are also a number of video games that combine fun with learning elements.



SHUTTERSTOCK

### **TAKE TIME TO READ**

Designate 15-30 minutes per day for your kids to read — anything. From novels to comic books, as long as they're reading, it's a positive. It's also a good way to help your children wind down from a busy day.

Don't forget the library. Often libraries will institute summer reading clubs to help structure your child's reading schedule.

And, of course, set the example yourself. If your kids see you reading for enjoyment, they're bound to pick up the habit themselves.

# Get business training with an industry advantage

## *CDI is one of Canada's leading career training institutions*

Business is a dynamic field that is continuously changing, which is why CDI College's business programs are regularly updated to ensure that the latest technologies and trends are being taught to its students.

In-demand programs like Business Administration Management provide students with a wide range of skillsets that

are transferable in areas such as marketing, sales, finance, and entrepreneurship, giving them unlimited possibilities.

"What inspired me was the chance of owning my own business one day and having the knowledge to back me up to make me more successful," says graduate Terri D.

As one of Canada's leading career training institutions for over 40 years, CDI College has built and maintained solid connections with numerous industry professionals nationwide in order to deliver the most relevant education to its students.

This includes the course materials, hands-on training, and practicum placements.

"Hands-on practical training is the best way to go," said Terri. "You don't just have a book in front of you telling you what to do, you actually know what to do."

For more information on CDI College's Business Administration Management program, call 1-800-360 or visit [study.cdicollege.ca](http://study.cdicollege.ca).



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\* Source: [jobbank.gc.ca](http://jobbank.gc.ca)

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# ‘SUP’ has exploded in popularity

## *Imagine combining surfing and kayaking*

Have you tried the fastest growing water-sport in Canada? In the last few years, stand-up paddleboarding has exploded in popularity.

Think of it as a combination of canoeing or kayaking and surfing. It involves a 10- to 12-foot board that looks kind of like an overgrown surf board.

Unlike canoeing or kayaking, you stand upright on the board and use a

special long paddle to move through the water.

And because SUP doesn’t require waves, it’s a great activity to do at the lake or on the river.

Stand-up paddleboarding, or SUP, is a sport that originated in Hawaii, where pro surfers, like Laird Hamilton, the American surfer, were looking for something to do while waiting on their board

for the perfect wave.

So they decided to start paddling around to pass the time.

Now the sport has gone global, with everyone from Kate Hudson to your next door neighbour doing it.

It’s also a great workout. The combination of balancing and paddling works your core, leg-stabilizing muscles and upper body for an excellent overall workout.

Many paddlers also appreciate the relaxing, meditative properties of being out on the open water while getting some

good exercise.

Stand up paddleboarding has also spawned other trends such as SUP yoga where yoga is practiced on the open water and while on a paddleboard.

If you’re ready to give stand up paddleboarding a try, the experts at Campers Village can get you fitted on the right board and set up with all the accessories you need to dive into this innovative new sport.

Check them out at [campers-village.com](http://campers-village.com). Campers Village is a locally-owned

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# metRO SPORTS

Your essential daily news

Ryan Tannehill has signed a \$77.7-million, four-year extension with the Miami Dolphins

## Johnson magical again

### NHL PLAYOFFS

#### Lightning youngster raises bar with big hat trick

Jon Cooper lamented after Game 1 of the Eastern Conference final that his Tampa Bay Lightning needed more than just their super-productive "Triplets" line to score.

That's nice, but not as necessary when Tyler Johnson is rolling. In Game 2, Johnson recorded a hat trick as the Lightning evened their series against the New York Rangers at a game apiece with a 6-2 victory Monday night at Madison Square Garden.

Johnson, who centres Ondrej Palat and Nikita Kucherov on Tampa Bay's top line, improved his Stanley Cup playoff-leading goal total to 11. The five-foot-eight dynamo also became the first player in franchise history with a playoff hat trick and the first in the NHL with four multi-goal playoff games in the same season since Jamie

#### GAME 2 In Manhattan



Tampa Bay's Alex Killorn scores a third-period marker on Rangers goalie Henrik Lundqvist on Monday night at Madison Square Garden. ALEX TRAUTWIG/GETTY IMAGES

Langenbrunner in 2003.

His three goals all came in different situations: one short-handed, one on the power play and one at even-strength. Johnson was a penalty shot and an empty-netter away from the so-called "Mario Lemieux cycle."

The Lightning put on an offensive show on a night full of mistakes and penalties. Thirteen minors were called, leading to five power-play goals.

Johnson's hat trick and third-period goals by Alex Killorn (two) and Steven Stamkos added

up to Rangers goaltender Henrik Lundqvist's roughest game of the playoffs. Lundqvist had given up three or fewer goals in each of his first 13 starts.

Chris Kreider and Derek Stepan scored for the Rangers in their first game of the playoffs decided by more than one goal.

For the ninth time since 2011, the Rangers had home-ice advantage and split the first two games of the series. The last time in franchise history a team held a two games to none lead at home was 1994,

the last Cup year.

Game 3 is Wednesday night at Amalie Arena in Tampa.

The Lightning feel good going home thanks to Johnson's impressive night.

Killing a two-man advantage because of early penalties, Johnson made the most of former teammate Martin St. Louis' mistake at the point to score on a short-handed breakaway. St. Louis knocked the net off its moorings trying to get back, but Johnson got the puck across the line first and it counted after

video review.

Somehow Johnson's second goal was just as impressive. On a four-on-three power play, Johnson took a pass from Steven Stamkos and had time to wait out Lundqvist and beat him clean with a wrist shot.

His third, midway through the second period, came on a second effort driving to the net. After Palat hit the post, Johnson got to the crease and jammed the puck in for his 11th goal of the playoffs.

THE ASSOCIATED PRESS

### WORLD HOCKEY CHAMPIONSHIP

## Russians exit rudely after Canada's gold

Russia faces punishment from the International Ice Hockey Federation after its players left the ice before the victorious Canadian team's anthem was played after the world championship final.

Canada beat Russia 6-1 in Sunday's final in Prague, after which most of the Russian team opted to head for the dressing room before the trophy presentation and the playing of the Canadian anthem.

IIHF president Rene Fa-

sel told Russian agency Tass that he had been left "rather upset" by the Russians leaving the ice and that "some sort of punishment" would be handed down.

The incident has already reached governmental level, with Sports Minister Vitaly Mutko blaming tournament organizers for opening a gate in the boards. According to Mutko, the Russian team took this as an invitation to leave.

THE CANADIAN PRESS

### IN BRIEF

#### Flyers look to NCAA in hiring new head coach

The Philadelphia Flyers made a surprise pick for their new head coach, hiring the University of North Dakota's Dave Hakstol on Monday.

The 46-year-old Hakstol spent the last 11 seasons at North Dakota. He went 289-143-43 with a .654 winning percentage in 475 games. In 2014-15, he led North Dakota to a 29-10-3 record with a .726 winning percentage and a berth in the NCAA Frozen Four. North Dakota made the NCAA Tournament in every

one of Hakstol's 11 seasons and reached the Frozen Four seven times.

THE ASSOCIATED PRESS

#### Reports point to McLellan as new Oilers head coach

Todd McLellan appears poised to become the next head coach of the Edmonton Oilers.

Multiple published reports say that while a deal has not yet been finalized, the Oilers are expected to announce the hiring of the former San Jose bench boss sometime this week. THE CANADIAN PRESS

### MLB

## Blue Jays walk past Angels in hit parade

Jose Bautista belted his seventh homer of the season as the Toronto Blue Jays ended a five-game losing streak Monday with a 10-6 victory over the Los Angeles Angels at Rogers Centre.

Bautista, Josh Donaldson and Canadian Russell Martin had three hits apiece for the Blue Jays, who outhit the Angels 17-12. Steve Tolleson chipped in with two hits and two runs to help Toronto (18-22) take the opener of the four-game series.

THE CANADIAN PRESS

### INDY 500

#### Canada's Hinchcliffe latest to crash in training

Canadian IndyCar driver James Hinchcliffe was in stable condition in the intensive care unit of a local hospital following surgery on his left leg for injuries sustained Monday in a crash at Indianapolis Motor Speedway.

"Obviously we're relieved that James is awake and out of surgery," Schmidt Peterson Motorsports team owner Sam Schmidt said.

"That's the most important thing on our minds right now and we will do absolutely everything required to ensure a complete recovery."

It was the fourth frightening wreck in six days of practice for the Indy 500.

A part seemed to break about 50 minutes into practice and the

Oakville, Ont., driver spun hard into the wall. His car briefly slid on its right side and almost flipped.

Hinchcliffe's left thigh was pierced by the car's right front rocker and the piece of equipment needed to be removed, according to two people familiar with the crash who spoke on condition of anonymity.

The surgery at Indiana University Methodist Hospital was also needed to stop massive bleeding.

THE ASSOCIATED PRESS



José Bautista homered in the seventh inning on Monday in Toronto. GETTY IMAGES



**PREMIER LEAGUE CHELSEA UPENDED BY WEST BROM**  
Baggies midfielder Darren Fletcher clashes with Chelsea's Nemanja Matic on Monday in West Bromwich, England. Saido Berahino scored twice as West Bromwich beat champion Chelsea 3-0 in a game that saw Cesc Fabregas sent off for kicking the ball at an opponent's head. ADRIAN DENNIS/AFP/GETTY IMAGES

# Irving feeling fitter for Atlanta contest

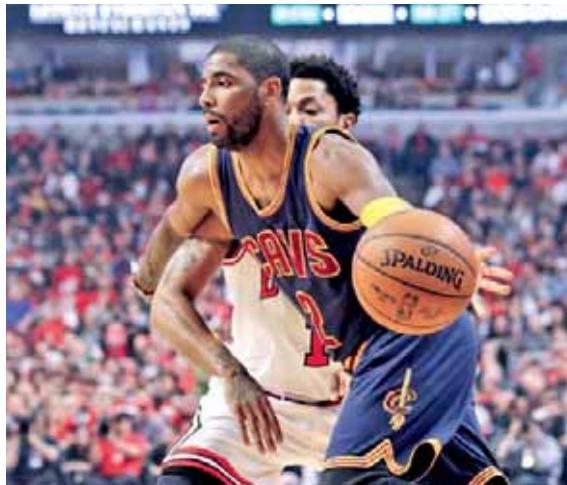
NBA PLAYOFFS

## All-star guard not 100% but should feature against Hawks

Kyrie Irving finished an animated post-practice shooting game of "Around The World" with LeBron James and then quickly removed any doubt about his playing status for Game 1.

"I'm going to go," he said. Cleveland's all-star guard may not be 100 per cent but he's much better and that's welcome news to the Cavs, who will open the Eastern Conference final on Wednesday in Atlanta.

Irving has been bothered by a sore right foot since Game 2 of the opening round against Boston, and he sat out the final half of the Cavs' series-clinching win over Chicago last week with



Cavs all-star guard Kyrie Irving has been bothered by a sore right foot since the opening round. NAM Y. HUH/THE ASSOCIATED PRESS

tendinitis in his left knee. But a weekend of rest and rehab allowed Irving to make it through a full practice on Monday, lifting his spirits and improving

the Cavs' chances against the East's top seed, the Hawks.

Irving said he has come a long way from the way he felt Thursday night while sitting on



This is the biggest stage that you want to be part of.

Kyrie Irving

the bench. "Just being able to actually feel both my feet underneath me, especially when I'm shooting, it feels amazing," said Irving, who was limited to 12 minutes in Game 6. "I don't want to be on the sideline at all, especially preparing for a big stage like this."

Irving's improved health seemed to have an immediate impact on James who was very upbeat when he spoke to reporters. "Obviously the days have helped him," James said. "You know, we really don't know until we get out there on Wednesday. The good thing is he's positive, he's feeling better, and that's positive for our team." THE ASSOCIATED PRESS

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## RECIPE Quesadillas with Grilled Chicken, Pesto and Cheese



### EAT LIGHT AT HOME

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#### Ready in

Prep time: 10 minutes  
Cook time: 21 minutes

#### Ingredients

- 8 oz skinless boneless chicken breast (about 2 breasts)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed fresh garlic
- ¼ cup pesto sauce (homemade or store-bought)
- ½ cup grated part-skim mozzarella cheese
- 4 large whole wheat flour tortillas (or any flavour you prefer)

#### Directions

1. Spray a non-stick skillet or grill pan with cooking oil and place over medium-high heat. Sauté the chicken just until cooked, about 6

minutes per side. Set aside. Wipe out the skillet and reheat.

2. Heat the oil in a skillet over medium-high heat. Sauté the onion and garlic for 5 minutes, or until the onions are tender and browned. Stir in the pesto and cheese. Dice the chicken and add to the skillet.
3. Divide the mixture among the tortillas, placing it on half of each tortilla. Fold the other half over. Heat on a grill pan or in a large skillet for 2 minutes on each side. Cut each tortilla into 3 wedges, making 12 wedges in total.

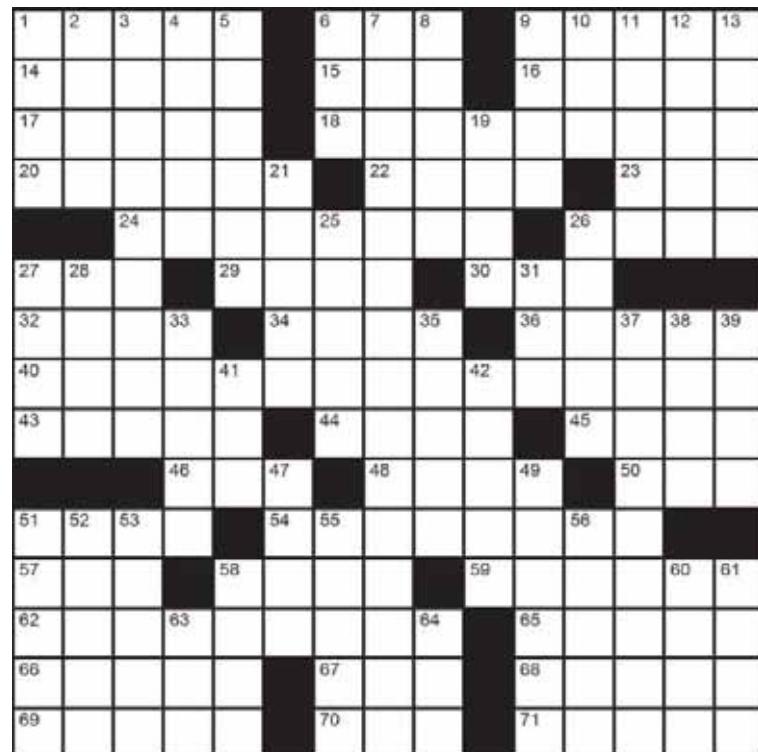
#### Nutrition per serving (recipe serves 6)

- Calories 203
- Protein 15 g
- Carbohydrates 16 g
- Fibre 2.1 g
- Total fat 8.7 g

PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



#### ACROSS

- Up to now; 2 wds.
- Initials-shares of a bartender-portraying "Cheers" actor
- Did modeling work
- Dean Martin's "That's \_"
- Religious bench
- Other: French
- "Too-Ra- \_ - Loo-Ral (That's an Irish lullaby)"
- Avenue (Location of the Cadbury Adams chocolate factory in Toronto)
- Cirque du \_
- Take \_\_ face value
- Limo passenger, e.g.
- What ee-laaaastic is
- Views
- Wilt
- "Away!"
- "Plush" rock gr.
- Some are inflated
- Date with a doctor, briefly
- Sprays
- Kimye or Brangelina: 2 wds.
- Swamp plant
- Mackerel variety
- Cost
- "Bird \_\_ Wire" (1990)
- Tomato variety
- Sports official, commonly
- Sales jobs, commonly
- The Original \_\_ Corporation (Canadian company that makes
- hitting-the-ball implements in baseball)
- Bleak House girl
- Cab
- Country songstress Ms. Yearwood
- Provincial Park, in Manitoba
- Eugene O'Neill's daughter's name
- sakes
- Between harbours: 2 wds.
- Tic-Tac-Toe win
- Bay, British Columbia
- Our opposite
- Climber's li'l conquests
- "Same here."

#### DOWN

- Mr. Mineo's
- 1847 Herman Melville story
- Album for Canadian singer Jill Barber; or, Pyrite: 2 wds.
- Montreal stop sign word
- Broadcasts again
- NHL Jets city, for short
- Type of Canadian Coast Guard
- Actress, Melissa Joan \_
- Regarding: 2 wds.
- Mowed tract of lawn
- Former
- Away
- Cook's need
- Garlic sauce
- Bygone sovereign
- Actress, Melissa Joan \_
- Overseas
- Morocco's capital
- Meathead's mother-in-law
- Dissect
- Evident truth
- NHL Jets city, for short
- Type of Canadian Coast Guard
- Actress, Melissa Joan \_
- Regarding: 2 wds.
- Mowed tract of lawn
- Former
- Away
- Cook's need
- Angeles

## \* IT'S ALL IN THE STARS by Sally Brompton

### Aries March 21 - April 20

It does not matter how simple the questions you ask of colleagues and employers today, it's unlikely you will get a simple answer. That does not necessarily mean they are trying to deceive you but you must be on your guard, just in case.

### Taurus April 21 - May 21

You will find it easy to be assertive over the next few days and that's good because you need to push your own interests more forcefully. But don't waste time trying to convert people to your point of view.

### Gemini May 22 - June 21

You may feel as if you have lost your way a bit of late but there is no need to change direction. From Wednesday onwards things will start to look a bit clearer.

### Cancer June 22 - July 23

Make the most of Venus in your birth sign to remind those you care for that whatever they do is all right by you. Let them know too that you intend to make them feel good about themselves, about you and about life in general.

### Leo July 24 - Aug. 23

There is an art to relaxation and it is an art you will need to master over the next few days. There may be a dozen things you would like to be doing now but there is only one thing you must do — be kind to yourself.

### Virgo Aug. 24 - Sept. 23

You may feel sorry for people who have lost their way but you aren't responsible for their troubles. There's some things that you can influence directly. Identify what they are.

### Libra Sept. 24 - Oct. 23

Let others know what is on your mind by all means but don't say it in a way that might antagonize those you live and work with. Sometimes it is better to approach the truth from an angle.

### Scorpio Oct. 24 - Nov. 22

If you get the chance to travel today you should take it, because later in the week your movements are likely to be restricted. You don't need an excuse to wander around a new neighborhood.

### Sagittarius Nov. 23 - Dec. 21

Do you have the confidence and the know-how to step in and take control of a difficult situation? If so, by all means get involved. If not, stand back and let someone else take the leadership role. It does not have to be you every time.

### Capricorn Dec. 22 - Jan. 20

Venus in the partnership area of your chart urges you to let loved ones know exactly how you feel about them — and yes, your feelings are warm and deep. It never hurts to spell it out.

### Aquarius Jan. 21 - Feb. 19

Take it slow and easy as the new week begins. Things will generally go well for you but they will go even better if you make it a priority to patch up your differences with someone you work with.

### Pisces Feb. 20 - March 20

You seem to be in a friendly and forgiving mood at the moment, which is good, but there is a danger you could get friendly with someone you need to be wary of.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		4	1	2	8
	2	6		3	
6	5		2		9
7				4	2
	9	5	4	2	1
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	7		5	4	
1	8	7	9		6

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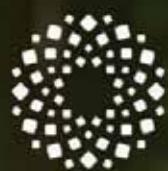


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